

Sometimes I Feel Bad – Surviving Depression

Surviving as a Teen, Part 3

Open

- Depression and suicide are huge problems in the world today. Many in our society have been depressed or had suicidal thoughts.
- What does it mean when someone is depressed?
- What do you think are some causes of depression?
- Even though most of the world has dealt with depression, God’s plan isn’t for you to be that way. He wants you to be full of joy!

John 17:11-16

And now I am no more in the world, but these are in the world, and I come to thee. Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we are. While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled. And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves. I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. They are not of the world, even as I am not of the world.

As Jesus prepared to die on the cross, He prayed for His disciples and those who would come later. He prayed that we would “have the full measure of [His] joy” in us. It’s Jesus’ desire that we walk in a full measure of His joy and not in depression.

If you’re struggling with depression or suicidal thoughts, Jesus can set you free, because that’s what He came here to do. Depression is really not as mysterious as people make it out to be. If you feel bad, there’s a reason. Today, we’ll talk about some reasons you might be depressed and bring up four possible ways to get out of it. Just remember the four R’s: Rethink, Repent, Repel, and Remain.

WHAT IS DEPRESSION

1. What is Depression?

“His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins.” – Proverbs 5:22

- Before we can talk about ways to survive depression, we need to know exactly what depression is.
- What do you think it means to be depressed?
- Biblically-speaking, depression usually happens when a sinful action goes uncorrected, leading to a downward spiral of further uncorrected sin and, eventually, depression. See *Psalms 69:2*.

RETHINK

1. God is Love

“God is love.” – 1 John 4:8

- One of the most basic things that can cause depression is wrong thinking.
- Sometimes, all you need to do is rethink things, get a new view of life that’s closer to reality.
- Why do you need to know that God is love? How can that help you if you’re depressed?
- The Bible says that God loved you so much that He died for you (*1 John 4:9-10*).
- In a crazy, messed up world, you need to know that God is love.
- Sometimes, bad things happen and it doesn’t seem like God loves you, but you may only have part of the picture. God’s love never fails (*Psalms 48:9*), no matter what seems to be happening around you.

2. God is King

“For God is the King of all the earth: sing ye praises.” – Psalms 47:7

- The fact that God is love is an amazing thing, but if He weren’t also King, then He wouldn’t really be able to help you much more than sympathizing with you.
- But God is more than just love – He’s also the King. Whatever He says happens.
- God not only cares about what you’re going through – He also has the power to change it.
- What does it mean that God is king?
- Since God is King, pray to Him and He’ll help you (*Psalms 5:2*),
- Paul called God the “only Ruler,” the “King of Kings,” and the “Lord of Lords” (*1 Timothy 6:15*). God is over everything. See also *Philippians 2:9* and *Ephesians 1:20-22*.

3. God is Faithful

“Faithful is he that calleth you, who also will do it.” – 1 Thessalonians 5:24

- Sometimes, you know God is love, and you know He’s the King, but it’s hard to believe that He’s faithful.

- If you've ever felt like God had abandoned you and wondered if He really would come through for you, you're in good company (Elijah in *1 Kings 19*, Job in *Job 17*, Hezekiah in *2 Kings 18-19*, King David in *Psalms 22*, Jeremiah in the book of *Lamentations*, and even Jesus in *Matthew 27:46*)
- Yet, over and over again, God promises that He will be faithful. See *1 Corinthians 1:9*, *2 Thessalonians 3:3*, *2 Timothy 2:13*, and *Hebrews 10:23* for a few examples.
- Keep believing God, because He will be faithful, even if He doesn't move as quickly as you want.

4. God is Joy

"God, hath anointed thee with the oil of gladness above thy fellows." – Psalm 45:7

- What words would you use to describe Jesus? Whatever words you pick, you can't forget one – joy.
- In this prophetic Psalm, Jesus is described as being anointed with the oil of joy. Even though Jesus was rejected by people, tortured, and killed, His life was marked by joy.
- God is not some grumpy old man up in Heaven – He is joy!
- In *John 10:10*, Jesus says that He came, that we "may have life, and have it to the full!"
- God is full of joy, and He wants you to be able to live the same way.

REPENT

1. Sin Leads to Depression

"He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings." – Psalm 40:2

- Sometimes, it's not enough to just rethink things in your life and change how you're looking at things.
- Sometimes, you need to repent of wrong attitudes or behaviors that lead to depression, and change your behavior.
- Every time you sin, God lets you feel guilty, so that you will come to Him and be changed. If you continue in sin without running to Him, the guilt will turn to depression because rather than dealing with it, you bury it. (See *Proverbs 5:21-22*)
- If this is the case with you, then just repent of the sin, be cleansed, and move on. Jesus died so that you could be changed.
- To guard against further depression, what can you do when you notice you've done something wrong?

REBUKE

1. Rebuke Wrong Thoughts

“...we bring into captivity every thought to the obedience of Christ.” – 2 Corinthians 10:5

- After you’ve adjusted your thinking and you’ve repented of wrong behaviors, you’ve still got to fight your thoughts.
- Paul says he took every thought captive. What do you think it looks like to take your thoughts captive?
- Focus on Jesus, not on the sin or depression (*Colossians 3:1, Philipians 4:8*)

2. Rebuke Demons

“And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.” – Matthew 10:1

- In addition to rebuking wrong thoughts, you may have to rebuke demons of depression and condemnation.
- Jesus rebuked demons (*Acts 10:38*), the early disciples rebuked demons (*Acts 5:16*), and everybody who is a believer has authority to rebuke demons too (*Mark 16:17*).
- When you can’t seem to find any other cause for the depression, it could very well be that you just need to cast some demons out.

REMAIN

1. Remain in Jesus

“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.” – John 15:4

- If you want to be free from depression, you’ve got to remain in Jesus. You can not expect any change apart from Him.
- If you remain in Jesus, He’ll give you whatever you ask for (*John 15:7*)
- What does it mean to “remain in Jesus?”

2. Remain in Hope

“Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.” – Proverbs 13:12

- When you don’t get something you’re hoping for right away, it can make you heart-sick, but you need to keep believing and hoping, because change will come.
- You will not be disappointed if you continue in hope (*Romans 5:5, Hebrews 10:23*)
- If you’re stuck in depression, or you know someone who is depressed, don’t give up hope – you will be free if you do things God’s way.

Close

“I called upon the Lord in distress: the Lord answered me, and set me in a large place.”
– Psalm 118:5

- If you're stuck in depression and suicidal thoughts, God will rescue you!
- The feelings you're having are not too big for Him to break through.
- You just need to be willing to Rethink (see things God's way instead of yours), Repent (correct the sinful behaviors), Rebuke (cast aside wrong thoughts and demonic influence), and Remain (hold on to hope in Jesus).

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

- Psalms 139:23-24