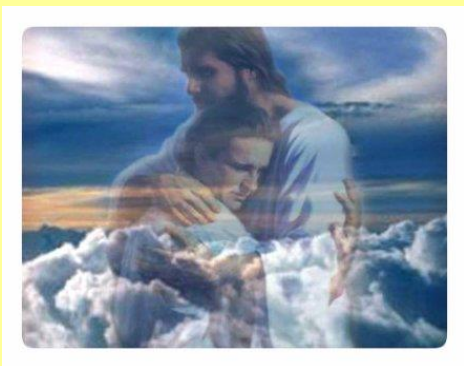


Psalm 34:18, 19 – The LORD is close to the broken-hearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all.

Philippians 4:6-7 – Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

James 4:10 – Humble yourselves before the Lord, and he will lift you up.

1 Peter 5:7 – Cast all your anxiety on him because he cares for you.



Maybe you have been feeling down for a while now. Perhaps you have tried to cope with a worry on your own, but can't seem to sort it out. Maybe you feel scared, angry or sad and the feeling just won't go away.

Don't struggle on your own. There is always someone who can help. Telling someone how you feel can make your worries seem less scary. And it's good to let your feelings out so they don't build up.

Please feel free to contact us if you need to chat or for prayer. You're also welcome to drop by our chapel to have a chat with us. The key is not losing hope and clinging to God. Allow the hope of God to seep back into you.

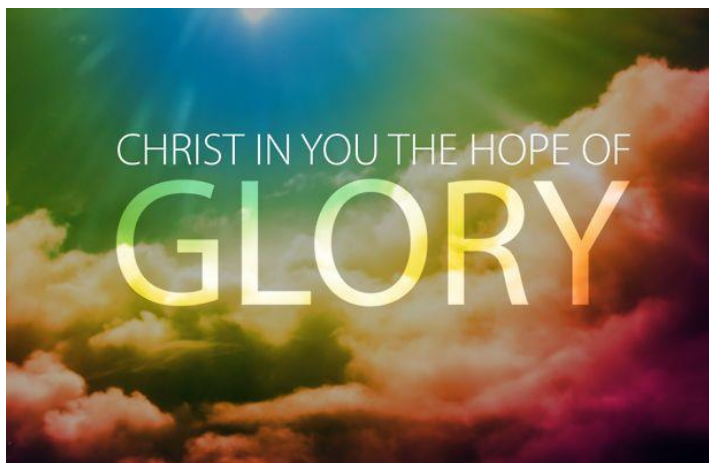
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God has said,
“ NEVER
will I leave you;



will I forsake you.”

So we say with confidence,
“ THE LORD
is my helper; I will not



Hebrews 13:5-6



Psalm 43:5 – Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God.

Why am I depressed? Why am I so anxious? Why is my mind so tormented with troubling thoughts? If you are fighting depression please understand you are not alone in your feelings, not going out of your mind, confusion is common, and the inexplicable black cloud can be lifted.

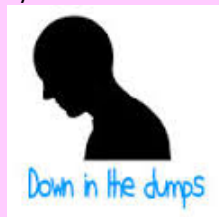
Depression has been the struggle of many of life's great leaders. In the Bible, Moses, Elijah, David, Jonah, Jeremiah and Job had to deal with it. In the world, Winston Churchill called depression his 'black dog', and Ernest Hemingway referred to it as 'the artist's reward'.

A sad truth is that many people suffer from depression and either do not know it (they are miserable but do not know why) or cannot admit it because they think that would be admitting a weakness. For Christians this may involve admitting to a spiritual problem. So, they suffer in silence hoping and praying for deliverance; but the consequences of doing nothing often result in further complications.

What is Depression? Depression is the 'feeling' of hopelessness. It is a prolonged emotional tone dominating an individual's outlook and mood. Normal moods of sadness, grief, and happiness are typically short-lived and part of everyday life, but these can progress into a depressed mental state.

Each person is different but here are some of the things that may happen to you if you are really down.

- You may think that that things are really bad and that nothing can make you feel better.
- You may think that nothing good will happen in the future.
- You may feel more tired than usual and not wish to get up in the morning.
- You may find it difficult to sleep.
- You may lose interest in food or eat lots more
- You may no longer enjoy things that you enjoyed before, like going out with your friends or family.



- You may find it difficult to make choices or decisions.
- You may cry more often than usual.
- You may get cross more often than usual.
- You may begin to smoke or smoke more
- You may begin to take alcohol and /or drugs or excessively.
- You may have morbid thoughts about death and suicide



What causes depression? Depression can affect people in a wide number of ways and be caused by an equally wide number of factors and circumstances. These include: poverty, illness, loss of some kind or death of a loved one, disability, failure, marital problems, unemployment, violence in relationships, stress, abuse.

A common factor leading to depression is hypoglycemia (low blood sugar); the brain requires a constant supply of blood sugar to function properly. Thyroid insufficiency also causes depression. Women with post-partum depression and those approaching menopause are subject to hormonal disturbances that lead to depression.

Depression can have a spiritual source if we live in sin, harbor anger or resentment, etc. We have to be willing to forgive (make the unnatural decision to let someone "off the hook" even though they do not ask or deserve it) just as God for Christ's sake has forgiven us (**Ephesians 4:32**).

It has been found that depression increase stress hormone levels, hypertension, and headaches; it complicates diabetes and is the leading cause of suicide (its close relative). The lack of a 'future positive possibility' robs you of your motivation and strength.

Relief from Depression

The Bible has much to say about depression and offers solutions to help cope with it and even to end it. The Word of God (Bible) can change the outlook and condition of your heart. The following Scriptures will give you hope and will build your faith if you are depressed. Confess and meditate on them to win the fight against depression.

Remember, there is a real Person (God) behind each and every one of these promises. He promised them to you for a reason – to help you. God's hope encourages, motivates, and keeps you on the road to faith, peace, and victory.

Deuteronomy 31:8 – The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Joshua 1:9 - Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."



Psalm 51:10-12, 17

¹⁰Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹Do not cast me from your presence or take your Holy Spirit from me. ¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me...¹⁷My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.

Romans 8:28,38-39

²⁸And we know that in all things God works for the good of those who love him, who have been called according to his purpose...³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.