

Depression #2

Stopping at the start

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1. Improper thinking
2. Misplaced dependency
3. Disappointment, rejection
4. Anger
5. Choice: Self-pity which leads to depression
or Thanksgiving which gives peace

The book of Job is the oldest book in the Bible. Moses quotes Job when Israel is coming out of Egypt.

Job was extremely blessed at the beginning with a great household, health, large family, flocks. He was the greatest of all men of the east. Things changed overnight. He lost his children, his flocks, his health and his wife turned against him.

He had three friends whom he called "miserable counselors." They came to see him and remained seven days in silence.

Job 3:1-11 Job addresses his friends in self-pity. "Woe is me" is the universal emotional problem. It's not God's will for our lives but it happens because of our old man's pattern of thinking.

Job. 7:1-4, 11-16 Job responds to Eliphaz. I will complain! I loathe my life. The path to depression is already identifiable and predictable.

When you add self-pity to the motivation of fear or anger, you have depression. Self-pity is self-importance caused by improper thinking. Sin and pride have "I" in the middle.

A small percentage of depression is physically induced. The key to the

formula of the path to depression is self-pity. The real culprit is your mental attitude toward the circumstance. Self-pity is always involved. There is a relationship between the thinking and the emotions.

You need a Biblical picture of your make-up, how you were designed to function. You are a spirit, a soul and a body. That makes you a human.

1 Thes. 5:23: And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

The spirit gives you consciousness of God. God is Spirit. It is your connection with God.

Rom. 8:16: The Spirit itself beareth witness with our spirit, that we are the children of God:

The soul gives capacity to become conscious of yourself. It is the seat of your personality. You share this with no one else. "Ego" means "I am." The body gives capacity to communicate with the world around you.

1Cor:2:11: For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

1Cor:2:16: For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

The heart is the mentality and function of the soul.
Proverb:23:7: For as he thinketh in his heart, so is he.

The spirit has capacity of a way of thinking.
The soul has capacity of a way of believing.
Rom:10:10: For with the heart man believeth unto righteousness;

You can know, but not believe in it. The will takes it from the spirit and gives it to the soul. The will decides to take what you know and make it the foundation of the soul.

Matt:26:37: And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.

The soul is authored by your old sin nature. The unsaved is a natural man and his spirit is dead toward God.

Eph:2:1: And you hath he quickened, who were dead in trespasses and sins;

Eph:4:17: This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

Eph:4:18: Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

Eph:4:19: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

Eph:4:20: But ye have not so learned Christ;

The natural man functions to other things but not to God. What fills the mind of an unsaved man? Philosophical things of the world, ideas from human viewpoint, lust of the eye, lust of the flesh, the pride of life. His soul draws from his spirit.

Ro:1:19: Because that which may be known of God is manifest in them; for God hath shewed it unto them.

Ro:1:20: For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse:

Ro:1:21: Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

Ro:1:22: Professing themselves to be wise, they became fools,

Psalms:119:130: The entrance of thy words giveth light; it giveth understanding unto the simple.

When you turn out the light it gets dark. The body is depraved.

Rom. 6:6: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

The body is the part that is kin to Adam.

Jer. 17:9: The heart is deceitful above all things, and desperately wicked: who can know it?

Sin turns your thinking into self-importance. You will become a slave to emotions. Your emotions are in revolt and all get mixed up.

When you get saved, God regenerates you spiritually and gives you eternal life. You were dead in sins but now you are alive unto God. Now God's truth can be assimilated to your life. Eternal life is your present possession as you trust Christ.

Romans 8:2; Galatians 2:20; Phil. 1:21; Colossians 2:3,
As my will chooses to believe and trust God's truth, I have the capacity to apply sound doctrine. When I get saved the light is turned on and now there is light in my soul. Our soul, will and emotions are in the light. Our body has been crucified, rendered dead and not to be the source of our operating. We still have to have the body but should be free from its influence. If God leaves you here to serve Him you have to have that body, but God has fixed it so you don't have to run your life any longer. You can be free from its influence or you can choose to be influenced by it.

How do the spirit and soul interrelate? For the believer there is light in your soul and you have the capacity to apply the truth under the empowering of the Holy Spirit in His Word when you believe it.

Relationship of emotions:

Proverb:4:23: Keep thy heart with all diligence; for out of it are the issues of life.

All capacity of life comes out of the heart. God says it starts here.

Mark: 7:21: For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

Mark:7:22: Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness:

Mark:7:23: All these evil things come from within, and defile the man.

"From within" not from where you are but who you are.

Your emotions are designed to be responders to what your heard initiates. The mind and will were originally created to decide your course of action, and for your emotions to respond and then the body to produce the action. That's the natural way.

Sin corrupted that way. The new man, instead of thinking, feeling, action, now takes the truth and by faith goes right straight to the actions. Your old sin nature corrupts the feelings so you can't trust your feelings. Emotions are followers and only respond to fact or fiction. They can't discern between past, present or future. You can think of something in the past and get mad as though it just happened. You can think of something in the future and get anxious about it as though it already happened. They get anxious about things that happened in the past as though they just happened. Emotions can't tell that Frankenstein movies aren't real. Emotions don't understand.

Numb:11:4: And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat?

Numb:11:5: We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick:

When emotions are stretched they get out of shape. We remember (the picture gallery of your mind). Longing for, desiring result, in actions and emotions gets control.

The natural man thinks, feels and acts. The flesh acts from negative feelings.

Now, we are to walk in the spirit and not fulfill the lust of the flesh. We can make a decision no matter how we feel about it. For example, when the alarm clock rings you can choose to go by your feelings or get up. The two different motivations are the motivation of the flesh and the motivation of the spirit.