

## Depression #3

### A neckup check up

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Depression is a universal malady. Moses, the greatest leader in all of history, was quoted by Jesus Christ said:

Matt: 23:2: Saying, The scribes and the Pharisees sit in Moses' seat:  
Matt: 23:3: All therefore whatsoever they bid you observe, that observe and do; but do not ye after their works: for they say, and do not.

Moses gives a poor example of a prayer. It was dumb and inappropriate. He had anger and self-pity and was in the throes of despondency.

Numb. 11: 10: Then Moses heard the people weep throughout their families, every man in the door of his tent: and the anger of the LORD was kindled greatly; Moses also was displeased.

Nu:11:11: And Moses said unto the LORD, Wherefore hast thou afflicted thy servant? and wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me?

Nu:11:12: Have I conceived all this people? have I begotten them, that thou shouldest say unto me, Carry them in thy bosom, as a nursing father beareth the sucking child, unto the land which thou swarest unto their fathers?

Nu:11:13: Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat.

Nu:11:14: I am not able to bear all this people alone, because it is too heavy for me.

Nu:11:15: And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness.

First Moses asks a question and then attempts to blame God. He begins with bad thinking and false, unrealistic expectations. "I," "Me," "I" shows

self-pity. He is focussing on himself, not on God's provisions thinking he had to do it all by himself.

You see no man as low until you come to the Apostle Paul in Romans 7.

Moses had all these false expectations and then displaced dependency. He reacted to the problem in anger and self-pity. He said, "Kill me." We say, "I wish the Lord would come."

Romans 8: 18-39

Right division is the key of what God is doing and how you can relate to it. If you replace self-pity with thanksgiving, you'll never come out with depression. Your emotions are predictable. The way you feel is the way you think. Program your mind with Truth. The natural man gets his information from the world and that affects his mind, will and emotions.

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

The soul is the emotions which are designed to immobilize the function of your will. You have to live in a supernatural way. Truth will make the choice to action regardless of your emotional state. Truth will bypass the emotions. The will of the renewed man will take action based on the faith of what God says.

Gal:3:3: Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh?

Misplaced dependencies You need to know how to have your mind programmed and how to think about your own identity. How you think about yourself will control how you live.

Rom:12:3: For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Soberly means realistically. Program your mind with Truth. We were created to have a dependency on God. God shaped a vacuum in the heart of everyone. [Only He can fill it.] We have a need for acceptance and significance. Those are identification issues.

What you depend on for identification and acceptance will ultimately control you. You live out of your identity. Your identification must be centered on Jesus Christ. No person will meet your needs unconditionally, nor yourself either. If you are depending on status or money or work, etc. those things are going to change. You need to have your identification based on something that does not change. How you answer that will affect your relationship with God , with others and with yourself. It is extremely important to know who you are.

1 Cor:15:22: For as in Adam all die, even so in Christ shall all be made alive.

If you are in Adam, it will kill you. If you are in Christ, you are made alive. In Adam you are a natural man. You came into this world with a history of sinful ancestors. Your strength and wisdom was worldly and you were alive to sin. But... in Christ you have eternal life.

Rom:5:12: Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

2 Cor. 5:17: Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

In Christ you have a new resource – the life of Jesus Christ in you.

Do you know you have eternal life as a present possession? His resources are in us, in Christ. We have a positional change – a new relationship. We are a new creature (not creation which is anything created, dead or alive).

Eph:1:3: Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:.

We were chosen in Christ before the foundation of the world. We have a new past, a new present and a new future. God sees you in His Son. Keep that in your thinking and in your mind. Not keeping that in mind is why Christian people struggle in life and wind up in depression. When you try to cope by yourself to satisfy your emotions, you are doomed to failure. We are chosen, forgiven, redeemed, etc. Get this in your mind. It means something to God. We are complete in Christ with all spiritual blessings. Bless me? Give me? They are already yours. Put your dependency on

Christ.

How to get in Christ? You have to know something first.

Rom. 6:3: Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

The mechanics: God took you out of Adam and put you into Christ by one Spirit. He put you into a living union with God the Son.

Gal. 3:27: For as many of you as have been baptized into Christ have put on Christ.

We are robed in Christ. God sees you in Christ. People see you in clothes.

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

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.

Rom:6:7: For he that is dead is freed from sin.

Rom:6:8: Now if we be dead with Christ, we believe that we shall also live with him:

Rom:6:9: Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

Rom:6:10: For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

You were baptized into His death at Calvary, not physically, but in the spirit, in your inner man. You were crucified with Him. Christ not only died for you but also AS you.

When you go on your own strength to cope with life, you have two options.

1. You can take the disappointments and dump them on others or yourself which programs your emotions and you go into depression. You feel shame and guilt. It's a spiral to becoming a dead duck.

2. Good news. You didn't have to do it. Stop. Quit. You can't? Then either you are lying or God is a liar. "Let God be true and every man a liar."

(Rom. 3:4) You are not under the tyranny of sin. Your emotions get scared at a movie. I can choose and be radically changed. Do you live in

that freedom today? That's where freedom starts.

Rom. 6:4: Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

Col. 2:12: Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.

Ge:23:4: I am a stranger and a sojourner with you: give me a possession of a buryingplace with you, that I may bury my dead out of my sight.

The dead is not an issue anymore.

We have five senses but only two have ability to recreate memory: seeing and hearing, the screen of your imagination. Remembering a past offense, a person gets mad. It's all in your mind. Emotions say it must be happening again. No unresolved issues are put to bed with a shovel.

We are crucified, buried and raised to walk in newness of life. We are alive unto God.

Rom:6:4: Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

You are getting something you didn't have but you are becoming someone you didn't used to be: a saint of the Most High God, a new and living creature. You are identified in Christ, raised to walk. That new life sits in heavenly places. That's who you are. When you live in the conscious realization of the identification of whom God made you in Christ, how could you live anywhere but in the sunlight of thanksgiving? God didn't create His children to live in the darkness of depression. When you are over there it's because you are walking in your own resources like you used to. The key is proper thinking of who God made you.

If you don't rightly divide you'll never understand that you are not Israel. Right Division shows you who you really are – a new creature.

Gal. 6:15 For in Christ Jesus neither circumcision availeth any thing, nor

uncircumcision, but a new creature.

That is God's plan and purpose. The simple truth. You were not created to imitate Christ in your own strength with your own abilities. You were created to contain Christ in your new man so He can live His life out through you.

So you have a choice. It comes down to a crisis of your will, a choice of your faith. You can try to live the Christian life on your own in which case you are doomed to failure and depression. Or, you can give up doing self-efforts and trust the Lord Jesus Christ who lives in you. Live in the truth of whom He says he has made you. Live in the real world.

Gal. 2:20: I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.