

# Depression Part 5

## How to Defeat Depression on a Daily Basis

by Richard Jordan

[www.shorewoodbiblechurch.org](http://www.shorewoodbiblechurch.org)

There is a process to get into depression and a process to get out of it.

Jonah was the greatest preacher in the Bible if you measure greatness in the number of converts he had. Over one million Ninevites repented and God spared them. Instead of being elated Jonah became strangely depressed and enraged.

Jonah:4:1: But it displeased Jonah exceedingly, and he was very angry.  
Jonah:4:2: And he prayed unto the LORD, and said, I pray thee, O LORD, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil.

Jonah:4:3: Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live.

Jonah:4:5: So Jonah went out of the city, and sat on the east side of the city, and there made him a booth, and sat under it in the shadow, till he might see what would become of the city.

Nineveh hated Israel and many times had persecuted Israel. Jonah was a political statesman. Instead of rejoicing he got resentful. A psychologist would probe for a deep-seated problem in his life, an emotional let-down. He pouted, went into seclusion. He complained and brooded. So God will teach him a lesson.

Jonah:4:6 And the LORD God prepared a gourd, and made it to come up over Jonah, that it might be a shadow over his head, to deliver him from his grief. So Jonah was exceeding glad of the gourd.

Jonah:4:7: But God prepared a worm when the morning rose the next day, and it smote the gourd that it withered.

Jonah:4:8: And it came to pass, when the sun did arise, that God prepared a vehement east wind; and the sun beat upon the head of

Jonah, that he fainted, and wished in himself to die, and said, It is better for me to die than to live.

Jonah:4:9: And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, even unto death.

He has self-pity and argues his case. He thinks he has a right to feel sorry for himself.

Matt:12:39: But he answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas:

Matt:12:40: For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.

Matt:12:41: The men of Nineveh shall rise in judgment with this generation, and shall condemn it: because they repented at the preaching of Jonas; and, behold, a greater than Jonas is here.

Jonah is an important man in the plan and purpose of God. There he is, bitter and depressed. It took a thrilling conversion of one million people to turn into a miserable experience. Some depression is transitory and some is permanent, depending on the temperament but the formula is always the same.

If Jonah had trusted God for the outcome instead of demanding his own way he would not have had the self-pity. If he'd had a thankful heart, he could have never gone into despondency. Down in the city the Ninevites were rejoicing because God had spared them. Up on the hillside was the prophet in despondency.

The formula: thinking out of error. His mind-set was the culprit not the circumstance. The battle is won or lost in the mind. Relax and understand how the Word works. Troubles will come, there's no way to shield yourself from them. Then when you multiply then with anger and fear which are designed to motivate you, you can respond and have a choice of the flesh program of self-pity and end up in depression, or, if you respond with thanksgiving you will have peace. You sow it, you reap it.

S – I – N. Therein lies the program: a choice of the flesh or the spirit's programming. You can think the way God thinks or not. Just as there's a path to depression, there is a formula to get out of it. You have to deal

with self-pity.

Rom:8:22: For we know that the whole creation groaneth and travaileth in pain together until now.

Rom:8:23: And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

The natural response is fear and anger which are motivators to move you to deal with the problem.

Eph:4:26: Be ye angry, and sin not: let not the sun go down upon your wrath:

Prov. 1:7 The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.

The choice is how to deal with the problem: in self-pity or by faith in Thanksgiving. There are four things you can do to defeat depression and to keep it from reoccurring and gripping you.

1. Face the self-pity as a sin.

I Cor. 11:31 For if we would judge ourselves, we should not be judged.

You have the responsibility for God to examine your life. You have doctrine, reproof and correction from God's Word. People don't usually appreciate the reproof and correction. You have to grow to where you appreciate the reproof and correction as much as the doctrine. Never excuse self-pity. Identify it as a sinful habit The more you indulge the easier it is to shift into that habit. The real sin of self-pity is unbelief.

II 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.

You have a new identity. Faith says that you are a saint of the Most High God.

Phil. 4:13 I can do all things through Christ which strengtheneth me.

I can depend on God's sufficiency and have victory.

Rom. 5:3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

Rom. 8:38, For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

Rom:8:39: Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

When I am in Christ nothing can separate me from Him and I can rejoice. When self-pity starts, don't put up with it for one minute. Don't let yourself be focussed or absorbed in yourself.

2. Take the self-pity to Calvary. You can't stop sin in your life but God already did.

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.

You are not a slave to sin whether you believe it or not.

Rom. 6:11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

Ro:6:12: Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

Ro:6:13: Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

Ro:6:14: For sin shall not have dominion over you: for ye are not under the law, but under grace.

The greatest protest against sin that the world has ever seen was hung on Golgotha's hill 2,000 years ago. When God showed what He thinks of sin when He put His Son on the cross to die for your sin, He sacrificed Himself to pay for it. He put away sin.

Rom. 6:18: Being then made free from sin, ye became the servants of righteousness.

Rom; 6:1 What shall we say then? Shall we continue in sin, that grace may abound?

Rom. 6:2: God forbid. How shall we, that are dead to sin, live any longer therein?

Rom. 16, Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

You have a choice to obey the flesh or obey God's Word and give thanks.

Rom:6:17: But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

3. You can choose to give thanks. This formula works for every sin. Sin feels good for awhile but sooner or later it gets you right down in the darkness with Jonah because the gourd died. The culprit is a warped thinking process. Thank God in the experience that produced the self-pity. Self-pity is sin. Calvary set me free. I've got resources. I can rest on whom God made me in Christ. That's enough to make you give thanks.

I Thes. 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Phil. 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  
Phil. 4:7: And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Why things are going on the way they are:

1. Error in thinking
2. Unreal expectations
3. Misplaced dependency on self rather than on the One Who never changes

Why can I do it? Because God says to do it. I can choose to rely on what God says and I can give thanksgiving and be more than a conqueror.

II Cor. 13:8: For we can do nothing against the truth, but for the truth.

Joseph: Gen. 50:20: But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people

alive.

You can depend on the identification God has given you. The moment of crisis is when you have to choose. The moment you realize self-pity you have to make a conscious choice to be where you ought to be. Make choices based on your thinking not on your feelings because that's what God wants you to do. It is dangerous for thinking to follow emotions.

Moses: Numb. 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.

Moses was praying. Jonah was also praying. Prayer is not the answer.

Phil. 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. Ph'p:4:7: And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

You're talking to a loving God who wants nothing from you but you. What do you think you have that God didn't give you? He made it all and all is His. Not to be thankful is heathen.

You talk to God and he talks to you through His Word. Prayer activates the doctrine that is in your inner man. You can be thankful that you are saved and who you are in Christ. Make the choice applying the doctrine. Get outside of yourself. Give yourself to God and to serve somebody. Surrendering to Jesus won't do it. If you pray with thanksgiving the prayer will help you because that's what God says to do. Rom; 12:1 will give you joy and peace.

Rom. 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Three steps when depressed

1. Face it as sin.
2. Take it to Calvary
3. Thank God in every experience that produces the self-pity. Thank Him for your identification in Christ, for what He has done for you, for His suffering and that you are a conqueror.

Eph. 4:22-24 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;  
Eph:4:23: And be renewed in the spirit of your mind;  
Eph:4:24: And that ye put on the new man, which after God is created in righteousness and true holiness.

II Cor. 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

Every time you repeat the process, you have victory.

Have a plan of action. When King Saul was depressed he called for David to play music (I Sam. 16). You may also need a prop. Have a plan. I think of my grandchildren, Emily and the twins. Repeat the process and have some things to consciously give thanks for. Let the Holy Spirit control you that way.

There are degrees of discouragement and despondency, some serious and severe. It is better to stop it early. How to stop it? Give thanks. Walk in the spirit and you won't be depressed long.

Gal. 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Gal. 5:22: But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

Gal. 5:23: Meekness, temperance: against such there is no law.

Those are the emotions that the Spirit works to produce in your life. Whatever you depend on for a purpose and meaning in life controls you. Drugs, alcohol, money, status, religion. How can a little pill control you?

Chinese proverb: Man takes drink. Drink takes man. Drink takes man. That's how sin works. You depend on a pill to give you relief or happiness or numb your mind and to give you what you're looking for. You depend on your job to give you status and happiness.

How would God get control of your life? The Holy Spirit is God. The Holy Spirit tells us things that have been given to us.

1 Cor. 2:12: Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

If I take God's Word where I take the counsel of God's Spirit who tells me what I need to know, I have saved \$150.00 by not going to a psychiatrist. You can depend by faith in what the Holy Spirit has done and put your dependence in His sufficiency of what God has done in Christ. It's the gift of God's grace to you. Depend on that. That begins to control your life.

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.

John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.