

Depression #6

How to help others

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Sooner or later everyone gets depressed. For some it is transitory and for others it is a way of life. Even great characters in the Bible got depressed. Depression is not uncommon.

I Cor. 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

You are not being singled out. Life is life. You have to live with real expectations. We don't get our doctrine out of experiences but out of the Word of God rightly divided. Truth will confirm itself in your experience. Error will deceive.

Jeremiah, a man of God, has been known as the "weeping prophet."

Matt. 16:15 He saith unto them, But whom say ye that I am? that am I?

Jeremiah was associated with the coming of Messiah in the mind of Israel. He saw his nation in apostasy. He was told not to pray for the nation because judgment was coming. No mercy. He delivered God's Word to Israel and they didn't like it. He weeps for them because of their rebellion.

Jer. 15:10 Woe is me, my mother, that thou hast borne me a man of strife and a man of contention to the whole earth! I have neither lent on usury, nor men have lent to me on usury; yet every one of them doth curse me.

Jer:15:17: I sat not in the assembly of the mockers, nor rejoiced; I sat alone because of thy hand: for thou hast filled me with indignation.

Jer:15:18: Why is my pain perpetual, and my wound incurable, which refuseth to be healed? wilt thou be altogether unto me as a liar, and as waters that fail?

This is self-pity. He feels helpless and hopeless. He's in the depths of depression. The Lord understands when His people go into depression.

Jer:15:19: Therefore thus saith the LORD, If thou return, then will I bring thee again, and thou shalt stand before me: and if thou take forth the precious from the vile, thou shalt be as my mouth: let them return unto thee; but return not thou unto them.

Jer:15:20: And I will make thee unto this people a fenced brasen wall: and they shall fight against thee, but they shall not prevail against thee: for I am with thee to save thee and to deliver thee, saith the LORD.

Jer:15:21: And I will deliver thee out of the hand of the wicked, and I will redeem thee out of the hand of the terrible.

Jer:15:16: Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.

There was no chastisement for his depression. Jeremiah had come to the extremity of his abilities. Jeremiah's hope was in God's Word (verse 16). He had the thinking process of whom God had made him and he rejoices when He thinks of "Thy Word."

Depression is unnecessary and is conquerable. You don't have to live in depression. When it comes you can conquer it. Depression comes from our thinking patterns from our mental attitude toward the pressures of life. There is victory in our life over the tyranny of emotional revolt that leads down to depression. That victory is in a thinking process. You can reduce the formula for depression down to bad thinking. You have to get the error out of your thinking.

The two antitheses of Grace are unrealistic expectations and misplaced dependencies.

Realists' expectations: to understand who you are and to live in the reality of God's grace to you in Christ. You have real expectations because you understand what God is really doing and are not trying to talk God into something He isn't doing.

When you're not depending on your performance or on others' performance you have grace thinking. When you depend on your own sufficiency you are "walking in unbelief."

When the problem comes to you the question is not, "Is it right or wrong for it to happen to you" but, "What are you going to do about it?" You can respond by disappointment (the emotional motivators are fear and anger) and if you respond with erroneous thinking the result will be self-pity.

Injury, insult, rejection plus anger multiplied by self-pity equals despair and depression without exception. You can take out the incidences and remember them and get more self-pity. Emotions rely on the thinking. The main factor in every depression, the key factor is always self-pity. What you can change is the erroneous thinking and replace it with thanksgiving. "In all things give thanks." In the injury, in the insult. A lot of times you have to do it by faith. Life is much tougher than most evangelicals try to make you think.

You don't thank God FOR those things but IN those things. How? By turning away from yourself and looking to God as to whom He has made you in Christ.

Thinking of self, your emotions will take over. When you think of whom God has made you in Christ your rejoicing will take over. That has everlasting value in spite of circumstances. Depression is not a cloud you have to live under. You can choose resentment and self-pity that leads to depression and tyranny of emotions or do what Colossians 2:11 so eloquently says:

Col. 1:11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

Depressed people need your help. How to help them?

They have erratic withdrawal behavior. They are irritable and rebuff you when they need you the most. Walk in love with them.

1. Be there no matter how much they resist. They need you, not to talk or preach, just your physical presence. They need to know they are not all by themselves, loveless and rejected.
2. Don't sympathize with them. Self-pity is what got them where they are.
3. Project hope. They don't see a solution. Remind them of Christ, who they are. Just a little beginning of hope.
4. Be encouraging. Don't argue.
5. Get them to thinking of something beside themselves.
6. Try to encourage them to do some activity.
7. Don't be too cheerful. (heavy heart – [Prov.25:20](#))
8. Get them into the Word of God. It's the Word of God that gives the answer: reproof, correction and instruction in righteousness. You need to understand the doctrine. And work out of that. The real source of depression is unbelief. The real problem is that they are trusting

themselves instead of Christ. Change what they are doing now to something else.

9. Pray with them with a thankful spirit focussing on who they are in Christ. "God loves you and wants the best for you." Pray audibly.

10. Spend time with them with patience and endurance. It takes time and involvement of your life. "Be there when they need you to be." Live the Grace life.

Dispensational Bible Study: follow Paul as he followed Christ (I Cor. 11:1).

Eph. 5:1 Be ye therefore followers of God, as dear children;

Eph:5:2: And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.

Walk in God's love to you so that the love of Christ constrains you.

II Cor. 5:14 For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead:

2Co:5:15: And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.

We know that we are unconditionally accepted and loved and are empowered by Him to love others. Walk in that love to them. When you understand His love for you, then you can walk in love to others. No one needs that love more than a depressed person. Human nature is to push you away. You have to have sound thinking in your life.

II Tim 1:7

Col. 2:9

Col. 2:10 And ye are complete in him, which is the head of all principality and power:

Rom. 8:32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

II Cor. 9:8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

II peter all things

You have all the fulness of God. Live out of the knowledge of God's love in the completeness and sufficiency of God's grace and what He has provided for you. Live out of the sufficiency of the Word of God and the truthfulness of God's Word.

John 17:17: Sanctify them through thy truth: thy word is truth.

II Tim. 3:16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

2 Tim:3:17: That the man of God may be perfect, throughly furnished unto all good works.

You don't psychology, or psychotherapy, or theology or the advice of the world. The sufficiency of God's word is enough. Accept God's Word as a way of thinking.

John 8:32 And ye shall know the truth, and the truth shall make you free.

Error binds you under emotional tyranny. So replace error with truth. You will have victory. Emotions can even replace God's Word.

What RJ preaches:

1. The absolute sufficiency of God's Word. That's why the Bible version is an issue.
2. The absolute complete sufficiency of God's grace. The clarity of God's grace is an issue.

You need to cultivate proper Christian attitudes and have a teachable spirit and to serve others, depending on Christ. (The three Cs: criticize, condemn, and complain.)

You need to depend on God to give the result. Trust Him to help people through you.

Rom. 1:16 For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

Paul was not ashamed of the gospel and had confidence in the Word of God.

You need a non-judgmental attitude that desires to restore people. God's grace and love work in our lives. Study, develop a skill to handle the Word of God. Use milk but let meat be available in the care of their good. Make conscious effort to be available. The key is:

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

The first time you see Caleb he is under Moses' leadership and is 40 years old. He was chosen to go into the Promised Land to spy out the land with Joshua and ten others. It seemed to Caleb and Joshua to be no big deal

to take the enemy. The next time you see him is when he is under the leadership of Joshua. At the age of 85 he is active in recovering land. There were only two survivors of the wilderness experience under Moses, Joshua and Caleb.

Josh. 14:9 And Moses swore on that day, saying, Surely the land whereon thy feet have trodden shall be thine inheritance, and thy children's for ever, because thou hast wholly followed the LORD my God.

Caleb had an optimistic spirit. He was as able-bodied as he had been at the age of 40. He lived in the consciousness of God's sufficiency.

Numb. 14:24 And Moses swore on that day, saying, Surely the land whereon thy feet have trodden shall be thine inheritance, and thy children's for ever, because thou hast wholly followed the LORD my God.

Jos:14:10: And now, behold, the LORD hath kept me alive, as he said, these forty and five years, even since the LORD spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old.

Jos:14:11: As yet I am as strong this day as I was in the day that Moses sent me: as my strength was then, even so is my strength now, for war, both to go out, and to come in.

Jos:14:12: Now therefore give me this mountain, whereof the LORD spake in that day; for thou heardest in that day how the Anakims were there, and that the cities were great and fenced: if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.

The spirit of faith is available to you as well as to Caleb. If you learn to understand God has made you, you will never feel defeated. The choice is up to you. You will be available to help others. They will see the spirit of faith living in you and then they know it can live in them..

You can be what others need you to be. Walk in Christ.

