

What is Depression?

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Mike Miller

Straight Paths Bible Church

2 Corinthians 4:8-9 We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;

John 14:18 I will not leave you comfortless: I will come to you.

1 Corinthians 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.

- I. Depression is a major problem of this generation.
 - A. People of every generation have the same issues of life that cause discouragement, despair, and hopelessness.
 - B. The difference in this generation is that God's truths are harder to find, and they have been removed from our childhood training, our education, and our entire view of life in this world.
 1. They have been replaced with humanistic, godless, and even satanic ideas and philosophies, which all lead to hopelessness, because they offer no hope and are designed to remove any hope in God.
 - C. I have no desire to hurt anyone in this matter, or to pretend that I have all the answers to every situation, but I DO have the answer to depression and hopelessness.
 - D. My only true desire with this message is to help some people who have fallen into the this trap of depression and who will continue to suffer if they keep seeking help from the same sources that caused it in the first place.
 - E. And I cannot possibly say all there is to say or cover every aspect of this issue in one message in a few minutes here tonight.
- II. It is NOT an illness – it is a mental and spiritual problem.
 - A. It is bad mental habits that are produced by and sustained by worldly, carnal, and spiritual influences.
 1. Many times, these influences are disguised as religion.
 2. Religion seems to be the best means for Satan to oppress people and deceive their souls.
 3. But mark that it is always religion without holiness, or it is religion that counts works as holiness.
 4. When you adopt the world's standards for defining beauty and worth, you will find yourself depressed when you look in the mirror or fail to get the praise of the world.
 - B. While some physical problems can contribute to it, its root cause is not physical and therefore it cannot be cured by drugs.
 - C. Drugs can make you high so that you forget your misery for periods of time, but that is the same as getting drunk, and it is no cure.
 1. Take away the drugs and leave everything else the same, and the depression is still there.

- D. Attempting to treat it this way is to treat the problem with what caused it in the first place.
 - 1. Anytime we look for some outside source to control our mind other than God, through his written Word, we end up in trouble, and depression is the inevitable result.
 - 2. We will always end up in a depressed state if we allow our minds to be controlled by outside influences that are worldly and spiritually evil – they will take us there every time.
- E. Weariness and disappointment and emotional trauma do contribute to depression, but they are not the root cause of it, either.
 - 1. Turning away from the true God of the Bible is the root cause of depression.
 - 2. It might be that a person is not aware of the spiritual evil they have allowed to influence their mind that has dragged them into the darkness of depression.
 - 3. They may stubbornly maintain that they are still faithful to God.
- F. Carnal people and ungodly doctors who themselves do not understand what depression is and what causes it will always try to deal with it with drugs and psychiatry.
 - 1. This is like the savages who put feces on their wounds to try to cure them, or those who used to use bloodletting as a cure for diseases.
 - 2. All their efforts are ineffective to deal with the root cause of depression, and over time, actually make the problem worse.

III. Depression IS:

- A. Anger and bitterness
 - 1. Without enthusiasm because you realize that:
 - 2. Vengeance cannot be taken.
 - 3. Justice cannot be served.
 - 4. Nothing can be done about it by you.
- B. Anger and bitterness because:
 - 1. Others succeed and I don't.
 - 2. Others are attractive and I am not.
 - 3. Others get breaks and I don't.
 - 4. Others are treated better than me.
- C. Is it total discouragement:
 - 1. Lack of animation.
 - 2. Lack of motivation.
 - 3. Lack of assurance in everything.
 - 4. Lack of initiative.
 - 5. Total surrender to hopelessness.
- D. It is satanic oppression.
 - 1. The devil uses our own selfishness against us.
 - 2. He uses our willingness to think evil of others to entrap us in this snare.
 - 3. He uses our lack of patience against us.
 - 4. He uses our pride and our unforgiving heart to make us far too sensitive to injustices from others, so that we imagine things that are not even real.
- E. It is basically a spiritual problem that has its roots in the selfishness of the heart.
- F. Is it any wonder that there is so much depression in this generation that preaches and proclaims “loving oneself?”

- G. All the things that depression stems from are carnal, earthly, and temporal.
- H. It is the result of acquiescing to the lies of the devil and others.
- I. Lie: No one has ever been through what I am going through.
- J. Lie: No one understands how I feel.
- K. Lie: You are no good and worthless and stupid.
- L. Lie: My situation is absolutely hopeless and there is no future for me.
- M. Lie (and this is the one that causes suicide): I cannot go on living like this.
 1. I am in a corner from which there is no escape.
 2. Nothing can ever change this darkness which I have fallen into.
 3. Life is just not fair to me and I have suffered great injustice.
 4. And when there is no certain person or group of people to blame, they blame God.
- N. Yielding to the lies of Satan and your own selfish heart.
- O. Refusing to be comforted by God and his promises.
- P. Habitually living and thinking misery and self-pity.

IV. The way out of depression is to truly trust in God and cast all your care upon Him.

- A. If this is not good enough for you, then there is truly no hope for your depression.
- B. If you reject God and continue to look for a way to be happy you will find yourself sinking deeper and deeper.
- C. It is offensive to me when someone says or acts like I have never suffered what they are suffering.
 1. They are counting my distresses and times of hopelessness as phony and shallow and unimportant, especially compared to theirs.
 2. Just like all men and women who ever lived, I have suffered hopelessness, disappointment, and injustice, and have been at the precipice.
 3. I know what delivered me and how I was brought out of the darkness and it was by Christ alone and the Word of God, and by the power and comfort of the Holy Spirit.
- D. Imagine how offensive it must be to God for a soul that has allowed Satan and world to drag them into the darkness and stand face to face with God and tell Him his power is insufficient for their problems.
- E. No one has suffered more injustice, or been treated worse than Jesus Christ and He promises to comfort you in your trouble, but you refuse.
 1. So where do you go then?
 2. To drugs, to ungodly doctors and shrinks who have also rejected God and truth?
 3. To a bottle to drink yourself drunk out of your mind with a substance that is called a “depressant?”
 4. These are poor alternatives to the giver of life!
 5. Your hope is in Jesus, and in Him alone!
- F. But hope in God is not found in just lip service and some puny profession of faith, or by making your social life about church and its activities and fellowship.
- G. Hope in God is only found when you get into his Word and start growing in grace and knowledge of the Lord Jesus Christ.
- H. You need a church family to help you do that and Christ set up the local church so we would edify one another and bear one another’s burdens.
- I. If you will have nothing of Jesus and you will have nothing of his people, then you will continue in your depression.

- J. But just any church will not do, because most churches are worldly and not spiritual.
- K. It is a tragedy that most people who are suffering from this depression who seek help from a church find instead help staying depressed.
- L. To be delivered from depression you must find a church where the people are real and live holy lives because they serve a holy God.
- M. As long as you run from holiness you will remain in your depression.
 - 1. I know many people who are depressed and turning from holiness is what put them on the road to depression in the first place.
- N. Deny it if you want; call me names and curse me; but this is the last stop for those who are depressed. This IS the answer, and it is the ONLY answer.
- O. Avail yourself, of it or reject it now, but I have told you the truth, in love, to try to help you out of your misery.

Psalm 31:24 Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.

Romans 15:4 For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

Romans 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.