

**Miracles that follow the plow :: Prayer/Praise for Anxiety and Depression**

**Prayer/Praise for Anxiety and Depression - posted by moreofHim (), on: 2006/11/21 9:07**

Hi everyone. I haven't posted except maybe once in a long time. I would humbly like to request prayer for my anxiety and depression.

Some of you know that the last two years for me have been rough. Skin cancer (melanoma- which is taken care of now as far as I know) and on the heels of this, my husband had an affair with his Vice President at his company. This has been a long drawn out ordeal and because of certain situations, she has been working for my husband, but her last day is Dec 31 (the affair was almost 2 years ago).

Anyway, in July I had what most people would have a nervous breakdown (a major, major anxiety attack that lasted many days) I have been on the road to recovery, or so I thought. Some days I can be ok, and some days I just don't think I will be able to make it and I think I will have to go to the hospital.

I am afraid of medications and have only tried one kind for about 3 days. But I was so afraid of the side affects, that I freaked out. Wasn't sure if it was just my fear or the medication (it was lexapro).

It is a battle for me. I have tried everything I know biblically to do. I read scripture and meditate on the Psalms. I praise the Lord. You name it, I've tried it. I have been to two different counselors. Both Christian.

When I had the breakdown in July, it was mostly from bitterness I had to deal with daily because the 'other woman' was still working for my husband and I saw her everyday. I would forgive, but then the bitterness would rise back up again, because I had to face her everyday and her being around my husband.

But even now that I know she is going to be gone. I have these days of depression and overwhelming anxiety. I feel I have lost my Christian witness. I have been humbled beyond belief. I feel like such a failure. And I know that in some ways it is a good thing. I know I am nothing without Christ.

But I so want to be normal for my children. I hate feeling like I am letting them down and letting the Lord down. I don't know why I am continuing to go through this dark valley. I am so afraid that I won't recover.

I would appreciate any prayers. Thank you.

In His love, Chanin

**Re: Prayer for Anxiety and Depression, on: 2006/11/21 9:34**

I'll be praying for you, Chanin. Cling to the promises that the Lord gives you in His Word. We have a great God and He is able to do exceedingly abundantly above all we could ask or think.

~Joy

These verses have encouraged me...

"I had fainted, unless I had believed to see the goodness of the LORD in the land of the living. Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD." Psalms 27:13-14

"My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever...But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works." Psalms 73:26, 28

**Re: Prayer for Anxiety and Depression - posted by RevivalArmy (), on: 2006/11/21 9:36**

The Lord can definately completely deliver you from all of this. You don't need just any old prayers, and you don't need counseling, you need to be delivered. If you want help, I know where to go.

I am sending you a private message. PLEASE CONTACT THE PERSON IMMEDIATELY IF YOU WANT HELP AND TO BE SET FREE.

**Re: Prayer for Anxiety and Depression - posted by InTheLight (), on: 2006/11/21 9:43**

Chanin,

Good to hear from you again although I regret the circumstances that have brought this post about.

Will be praying here...

Also, might I humbly recommend that you read some  
([http://www.amazon.com/Candles-Dark-Amy-Carmichael/dp/0875080855/refpd\\_sim\\_b\\_4/102-2262235-1340133](http://www.amazon.com/Candles-Dark-Amy-Carmichael/dp/0875080855/refpd_sim_b_4/102-2262235-1340133)) Amy C harmichael.

In Christ,

Ron

**Re: - posted by Nellie, on: 2006/11/21 10:19**

Father God,  
Show Chanin what to do, in Jesus Name.  
I sent you a pm, Chanin.  
God Bless  
Nellie

**Re: Prayer for Anxiety and depression - posted by Munchkin (), on: 2006/11/21 10:25**

Hiya, Chanin. Am quite new so I don't know you so I hope it's ok that I've responded. Am so sorry to hear you're being teased so much.

Anxiety is an oppression, so being delivered from it is so the best thing, but in the meantime, God gave me this passage for you:

1Chronicles 28:20 "David also said to Solomon his son 'Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord our God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished."

I pray things get better for you and for your family. x

**Re: Prayer for Anxiety and Depression - posted by ccchhhrrriiisss (), on: 2006/11/21 11:14**

Hi moreofhim...

I am praying for you! I will spread the Word to others that I know.

:-)

I Peter 5:7

**Re: HE RESTORETH YOUR SOUL ... - posted by Rahman, on: 2006/11/21 12:54**

Sister Chanin ...

sorry to write so much, but you know i have much love in Christ for you since He used you so mightily in my behalf when i first came to SI ... My prayers are many for you and your family, but especially for you that at this point you will really just let go and let Him ... Amen

Sis Chanin you wrote;

"It is a battle for me. I have tried everything I know biblically to do.

When I had the breakdown in July, it was mostly from bitterness i had to deal with daily ...

I would forgive, but then the bitterness would rise back up again"

Ahhhhh sister Chanin our dreaded Christian "battle", a "battle" we wouldn't even be going thru if we were not Christian ... Now it's don't strike out at the physical perpetrator(s) of our pain, but at the invisible force(s) behind it, for ours is not a "battle" (you know the rest) ... We learn that we're supposed to act like Christ, "Forgive them Lord for they know not what they do" ... But our "self" says, "Forgive them nothing, they know exactly what they do" ... Then that dreaded Christian "battle" ...

Pre Christ it was so much easier for me ... Hurt me, and i'm gonna get you back, some way, some how, by hook or crook i'm gonna make you pay ...

Post Christ, ughhhh, what do You mean "vengeance belongs to You Lord"? ... What! - i've gotta turn my other cheek ... Lord You must be kidding! - i've got to treat with kindness those who spitefully use me? ... Lord forget about that heaping coals of fire on their heads! - how bout i take up a jawbone of an ass to um, that'll make me feel much better!!!

Sis Chanin i still have problems with turning the other cheek ... Just a half a year ago i had a terrible failure in this department, where i reverted to the OT "eye for an eye", took vengeance to myself and showed a person who thought they were nasty what nasty truly was ... i've long since repented and our Lord has removed that person far from me ... Funny tho, He didn't move on my behalf all the time i was begging Him to, all the time i was telling Him that i was about to lose it ... But when i broke He moved ... I'll never be able to figure God out ...

Sis Chanin you wrote;

"But even now ... I have these days of depression and overwhelming anxiety. I feel I have lost my christian witness. I have been humbled beyond belief. I feel like such a failure. And I know that in some ways it is a good thing. I know I am nothing without Christ."

This leads me to ask sis Chanin what is it that you'd really like to do tho your knowing better in God is still restraining you? ... Don't post it, but just be truthful with yourself and our Lord about it - then talk to Him honestly and earnestly about it ... See unlike you i've never been on a mission toward becoming more like Christ, this quest is represented in your posting name "MoreofHim", and in your signature "He must increase, but I must decrease" ...

Everything that you're going thru right now is ample opportunity for Holy Spirit to make you an example of all that you've been asking: To be more like Him, to react more like Him ... As i've said to you before Christ came here to suffer, you're suffering, so now's your opportunity to allow Holy Spirit to example Christ thru you ... But that can't happen until you learn (and i'm learning this now) to do the hardest thing any saint has to learn to do in God, and that's REST IN HIM, especially when it seems all hell is breaking loose in our lives ...

i'm praying for you, but heres something i know from experience ... No amount of prayer by you or others is gonna free you from your anxiety or depression ... The only thing that will make you whole is when YOU CHOOSE to cast your cares on Him and leave them there ... To begin to actually live and breath such catch phrase scriptures as "we are more than conquerors in Christ" and "i can do all things thru Christ Jesus who strengthens me" ...

Without total reliance in/on Him we are all failures, and being truly humbled to this fact can be very painful (to the point of His crippling our own natural power) ... It is a blessing for me to hear in you, tho you are in pain, the reasoning of Holy Spirit still emanating from your spirit, for you best believe that in some ways this is a good thing ... You already know that your relationship, like all saints, is a one on one with Him, and if you don't make the decision to live in His promises to the rejection of what "self" demands as soothing retribution, then you as a saint in Christ will continue to relegate your "spirit" to an existence crippled by "self" pity ... i know it seems harsh, but this is some of what Holy Spirit has ministered to me about my own life which has not been a bed of roses either ...

Sis Chanin you wrote;

"But I so want to be normal for my children. I hate feeling like i am letting them down and letting the Lord down. I don't know why I am continuing to go through this dark valley. I am so afraid that I won't recover."

Deut. 30:19 - I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:

Your/our choice sister Chanin ...

Henry Ford said;

"If you think you can't, or if you think you can ... You're right"

Now this is a statement made apart from "not by our might, nor by our power, but by My Spirit sayeth the Lord" ...

Paul wrote in 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.

Bottom line for any of us sis is the only "quit" in us is only from us, for scripture states that "He who began this good work in us is determined to finish it" ... We can meet His determination if we rely on Him, yea tho we're walking thru the valley of the shadow of death ...

And why are you continuing to go thru the valley, because bless God even tho there are times that we want so desperately to stay in our childish tantrums we know too much of the meat of the Word for Him not to be able to keep moving us on in our God wrought maturity ... We know that God seldom removes a storm, but brings us thru ...

2Tim.1

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Which brings us once again, full circle, back to our dreaded Christian battle, for we all know who the author of fear is ...

God knows you're beat up sis, He understands your/our infirmities ... If you are drained of all your strength, resting in Him that this battle is not your own anymore but the Lords, is the only recourse

2Sam.22

And he said, The LORD is my rock, and my fortress, and my deliverer;

The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence.

Pss.37

Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

Matt.11

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Heb.4

There remaineth therefore a rest to the people of God.

For he that is entered into his rest, he also hath ceased from his own works, as God did from his.

Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.

For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

:~? ... :~o ... :~( ... :~) ... :~D ... :~P ... **He Restoreth Your Soul** ... ;~)

**Re: Prayer for Anxiety and Depression - posted by dohzman (), on: 2006/11/21 12:56**

It's good to hear from you sis! :-) I've been praying for you off and on since last year.

Quote:

----- I would forgive, but then the bitterness would rise back up again, because I had to face her everyday and her being around my husband.  
-----

I rejoice in the knowledge that you have found out what Jesus meant when He said we ought to forgive 70 times 7, You have been true to God's Word. One of these days the feelings will line up with the Word of God and you'll have peace. May the Lord Keep you.

Quote:

----- But even now that i know she is going to be gone. I have these days of depression and overwhelming anxiety. I feel I have lost my christian witness.  
-----

Sometimes we just need to spend time apart and cry, you haven't lost your witness, you'll be just fine, hang in there today. Lord help you in your times of trouble and strengthen you out of His Holy Hill.

Quote:

----- I so want to be normal for my children. I hate feeling like i am letting them down and letting the Lord down. I don't know why I am continuing to go through this dark valley. I am so afraid that I won't recover.  
-----

Welcome to the true human experiences of life, I would call that pretty normal

:~) , your children will someday grow up and understand, all things in their proper order and that by course. It was said of Jesus, "A bruised reed He will not break nor a smoking flax will He put out", I assure you He knows right where you are at, He feels every hurt you feel, every anxiety you have He bears right there beside you, if you doubt me --- next time simply turn and ask Him, He'll prove my word to you that it was from Him. Love never fails and neither will Jesus fail you, He will perfect that which pertains to your and finish the work in you He started. You're precious in HIS SIGHT.

Quote:

----- I would appreciate any prayers

-----  
I have and I will. God bless Sis.

**Re: thank u - posted by moreofHim (), on: 2006/11/22 7:54**

I just wanted to thank everyone for their thoughts, prayers and responses. Many were encouraging to me :)

I have been listening to the music cd from Sovereign Grace Ministries entitled Valley of Vision (inspired from the book of Puritan prayers). It has also been a help. The first song is "In The Valley" based on Valley of Vision.

You can listen here if you'd like:

(<http://www.moreofhim.net/music/inthevalley.mp3>) In The Valley

When You lead me to the valley of vision  
I can see You in the heights  
And though my humbling wouldn't be my decision  
It's here Your glory shines so bright  
So let me learn that the cross precedes the crown  
To be low is to be high  
That the valley's where You make me more like Christ

Let me find Your grace in the valley  
Let me find Your life in my death  
Let me find Your joy in my sorrow  
Your wealth in my need  
That You're near with every breath  
In the valley

In the daytime there are stars in the heavens  
But they only shine at night  
And the deeper that I go into darkness  
The more I see their radiant light  
So let me learn that my losses are my gain  
To be broken is to heal  
That the valley's where Your power is revealed

Continuing to press on by His strength...

In His love and grace, Chanin

**Re: - posted by Nellie, on: 2006/11/22 12:26**

God Bless you and keep you, Chanin, as you continue to press on toward the mark.

Nell

**Re: - posted by death2self (), on: 2006/11/23 21:10**

Will be praying that Jesus will meet you as you seek Him with all of your heart. He is the great healer.

I've found a very useful thing is to read the Psalms aloud in my prayer closet during an intense season of trial or of dryness and not a burning in my heart for Jesus.

Know that Jesus loves you Chanin...

**Re: Chanin - posted by Munchkin (), on: 2006/11/23 21:17**

I read something and it made me think of you.  
It's an inscription that was found on the wall of a prison in Germany.

"I believe in the sun,  
even when it is not shining.  
I believe in love,  
even when I don't feel it.  
I believe in God,  
even when He is silent."

He's always there. Amen!

**Re: - posted by crsschk (), on: 2006/11/24 8:55**

Dear Chanin ...

Having known of so much of this ... I thank God that you brought this to us, you are missed in our midst but not in the heart.

Some things just rip through to the core of being... My earnest and sincere prayers Chanin, they will be ongoing.

**Re: Prayer for Anxiety and Depression - posted by Tears\_of\_joy, on: 2006/11/24 9:36**

Dear sister,

Only God knows how great blessing you have been to many, many of the body of Christ, and personally to my heart and others who I know in person.

All I can see that He is working now on a deeper level in your heart, just His pure glory to be revealed through your weakness.

9 And he said unto me, My grace is sufficient for thee: **for my strength is made perfect in weakness.** Most gladly therefore will I rather glory in my infirmities, **that the power of Christ may rest upon me.**

10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: **for when I am weak, then am I strong.**

That's the purpose of our lives, just more of Him, less of us.

We are together in all of this, Satan is after those who seek the Lord with all his might

31 And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat:

But O we are in the mighty hand of our God,

3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

And what a comfort to know that Jesus is praying for us

**32 But I have prayed for thee, that thy faith fail not:** and when thou art converted, **strengthen thy brethren.**

And again just God knows how many He wants to continue to bless through you, and use you for His glory, dear sister.

33 O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!

34 For who hath known the mind of the Lord? or who hath been his counsellor?

35 Or who hath first given to him, and it shall be recompensed unto him again?

36 For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.

We are with you and we are all together in this war but our God is with us.

God bless you sister!

**Re: thank u again - posted by moreofHim (), on: 2006/11/24 13:05**

Thank you again everyone, Mike, Kire, ect... It is so encouraging to know that we are not alone in our trials. It has been a big help to go back and read my past writings- from just a few weeks ago to even a few years ago. I am taking it one day at a time and having faith for just one day at a time. Trying not to look at the future or the past- but the precious present.

So thankful for all of you on SI! May be God be glorified as we all become more of Him and less of ourselves.

**"So if you are suffering according to God's will, keep on doing what is right, and trust yourself to the God who made you, for He will never fail you." 1 Peter 4:19 NLT**

**"My heart is steadfast, O God, my heart is steadfast; I will give and sing praise." Ps 57:7**

In His love, Chanin

**Re: - posted by Nellie, on: 2006/11/24 13:30**

Hi Chanin,

I keep a Journal where I try to write daily, and it has been an encouragement to me to go back and read them, and see how God brought me forth through trials, tribulations, and His goodness to me.

May He continue to lift you up in Him.

Blessings

Nellie

**Re: - posted by Tears\_of\_joy, on: 2006/11/24 13:57**

Treasured words and thoughts are these...!

([https://www.sermonindex.net/modules/newbb/viewtopic.php?topic\\_id3202&forum35#21101](https://www.sermonindex.net/modules/newbb/viewtopic.php?topic_id3202&forum35#21101)) A Homesickness, A Hunger For God

([https://www.sermonindex.net/modules/newbb/viewtopic.php?topic\\_id3131&forum35#20434](https://www.sermonindex.net/modules/newbb/viewtopic.php?topic_id3131&forum35#20434)) Are you willing?

([https://www.sermonindex.net/modules/newbb/viewtopic.php?topic\\_id2100&forum35#13441](https://www.sermonindex.net/modules/newbb/viewtopic.php?topic_id2100&forum35#13441)) Torn Between Two Desires

([https://www.sermonindex.net/modules/newbb/viewtopic.php?topic\\_id3094&forum35#20201](https://www.sermonindex.net/modules/newbb/viewtopic.php?topic_id3094&forum35#20201)) Being the fragrance of Christ

([https://www.sermonindex.net/modules/newbb/viewtopic.php?topic\\_id4381&forum35#29602](https://www.sermonindex.net/modules/newbb/viewtopic.php?topic_id4381&forum35#29602)) Christ Alone

**Re: Kire - posted by moreofHim (), on: 2006/11/24 14:10**

Kire, thank you for bring these back to my attention. I have not read many of them in a long time. Looks like I need to go back and read alot more of what is on my own site and in my own journals :)

I loved this little bit at the end of one of writings from Lynette Woods:

**If Christ alone is what I see, then HE will be seen through me!**

**If Christ alone is what I hear, then HE will be heard through me!**

**If Christ alone is what I touch, then HE will be felt through me!**

**If Christ alone is what I eat and drink, then HE will be tasted through me!**

**If Christ alone is the Fragrance I wear, then HE will be smelt through me!**

**If Christ alone is all I know, then HE will be known through me!**

In His peace, Chanin



**Re: - posted by roadsign (), on: 2006/11/24 14:32**

Chanin, Chanin! How good to see you back - feels like meeting a long lost sister again. I wish I could give you a big hug! I've been wondering about you, and missed your posts.

You have sure been through the fire, but oh, the gold that glimmers in the ashes! I look forward to sharing again with you

And yes, Lynnette Woods... She had a big impact on my life at a strategic time. (Weren't we all on a forum many years together?)

I praise God for hanging on to you!

**Re: update - posted by moreofHim (), on: 2007/1/26 15:11**

Just an update :-)

I am so blessed!!! I really am. I want to give this wonderful praise report! God is so good.

I look at my life and compare it to how it was 6 months ago and I am in awe of how the Lord has kept me from the pit of despair, He has rescued me. Most of my anxiety is completely gone. Before Christmas I could hardly go anywhere without feeling so much anxiety that it was very uncomfortable. Now I am in two wonderful Bible studies on two different mornings in two different churches (which I like because I can get to know people from all backgrounds and not be 'cliquish' by just staying to one church group)

I am looking forward to this next season of my life!

I can now go to the gym and work out and I am not overly anxious or fearful about my shortness of breath. I have much more peace. Actually I have much more peace about everything. Thank you, Lord! The secret to me getting back into the gym for workouts is that I've been listening to sermons while I workout. It keeps my mind occupied.

I so appreciate the little things! I know that the Lord has put some hidden wisdom in me as I have gone through these times of suffering and trials; and maybe when I least expect it, some of that wisdom will come spilling out to help someone else or bless someone.

I have so much to be grateful for and I am grateful to **many of you** who kept me in your prayers. Before my time of suffering, I could say 'God is good'. Through the suffering, as hard as it was, and as despaired as I felt, by God's grace I could say 'God is good'. And now here I am today to say once again, that 'God is good'!

For anyone who has ever despaired for life, ever been so low, for anyone who thinks that you are in so deep that you might never come out- take heart! God is a God of miracles and a God who keeps His children to Himself. If you will keep hoping and keep believing and KNOW that God is good, things WILL change.

In His love and grace, Chanin

**Re: - posted by Tears\_of\_joy, on: 2007/1/26 19:13**

Quote:

-----God who keeps His children to Himself.

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Sister... thinking these days about you, Aaron, and this now!

Your testimony encouraged me, I needed to hear that, it will come spring, yes it will come!

Oh our Lord Jesus is good!

Update - posted by crsschk (), on: 2007/1/26 23:12

Dear Chanin,

Praise God ... This is tremendous!

Re: - posted by CJaKfOrEsT (), on: 2007/1/27 18:34

Quote:

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moreofHim wrote:

I have so much to be grateful for and I am grateful to **many of you** who kept me in your prayers. Before my time of suffering, I could say 'God is good'. Through the suffering, as hard as it was, and as despaired as I felt, by God's grace I could say 'God is good'. And now here i am today to say once aga in, that 'God is good'!

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Thank you for the hopw that comes with "showing" me that something, I know to be true, is actually possible.:cry:

Belss you Channin. Will continue to pray for you, and please keep us posted as God continues to unveil His goddness.