

General Topics :: Re: Depression**Re: Depression - posted by darkbubba1 (), on: 2005/2/18 16:55**

I suffer from depression, actually I'm bi-polar and I struggle with the notion of depending on my faith in God totally to heal me vs. depending on medication. The meds come with a price. Sometimes with no warning they simply stop working. My faith allows me to endure those seemingly unbearable times and lets me know that I am a son of God who has been bought with the blood of the Lamb. I can face the shame and guilt I sometimes feel. I'm also in ministry and that makes everything more magnified. God's grace may allow me to one day not need the meds, but for now I do. That same grace gives my family strength and it gives me hope that this too will pass. It certainly gives me compassion for those who suffer from any kind of mental affliction.

Re: - posted by PreachParsly (), on: 2005/2/18 18:59

Just some FYI. To reply to a post click reply. If you want to start a whole new thread click the post thread button. No big deal, you're not the only one who has done this ;-). They may move your reply over to that thread, but if they don't I will just let you know. Hey by the way welcome to SI (sermon index)

Re: - posted by darkbubba1 (), on: 2005/2/18 21:17

Thanks for the heads up. I had a feeling that I made a boo-boo. Thanks for the welcome to SI I think that I'll like it. :-D
Quote:

PreachParsly wrote:

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Re: - posted by docs (), on: 2022/11/15 7:44

I have fought with this malady. As well as my family growing up. It seems at times to be so built in our persona that one can despair of ever gaining victory over it in spite of the promises of God's word. It is a battle! At the present, a young lady in our church is also in the midst of attempting to get free from debilitating depression

Not so long ago, I ran across a teaching by Derek Prince - "The Fullness of the Cross - Deliverance from the Fleshly Nature." It can be found on youtube. It contains the testimony of Brother Prince as to how he was delivered from a heavy spirit of depression that had plagued his family, especially his father, and him for many many years. It is sound and biblical and contains very solid advice on how to maintain one's freedom after the spirit of depression is broken in one's life. It may not be all you are looking for and need but it might help to some degree. I'm confident it will. I don't believe God has not one iota of condemnation against you for your present use of meds. He has seen to it that you have made it this far and He is going to see to it you make it all the way and stand complete before Him.

Re: - posted by deltadom (), on: 2022/12/3 13:43

We all need prayer at this time of year being dark for this

Re: - posted by yulboum, on: 2022/12/6 23:08

Try taking a cold shower everyday for at least 2 minutes. And walk at least 1 hour a day. Also eat healthy food and avoid junk food that contains soy beans, corn, fructose glucose and sugar. Hope this helps you and I believe God wants us to take care of our body because we are His temple. When your body is healthy, your mind and emotions will be healthy too

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Peace,
Robert

Re: - posted by Lysa (), on: 2022/12/7 10:04

Most Christians don't believe in evil spirits but this is what the Lord showed Derek Prince, Is 61:3 "...put on the garment of praise for the spirit of heaviness;" that's when he knew depression was a spirit.

AMP Version: To grant to those who mourn in Zion the following: To give them a turban instead of dust , The oil of joy in stead of mourning, The garment of praise instead of a disheartened spirit.

yulboum (Robert), God does want us to take care of our bodies. Gluttony is a sin and it's the most prevalent (acceptable) sin in the church. But let someone have a drink at dinner and they are condemned.

Just saying!!

Re: Medications for depression - posted by EAGLEFLYING (), on: 2022/12/12 20:03

hello Brother. I am a retired counselor.. I would like to share some thoughts if I may.

The depression can be an iniquitous pattern that is in your bloodline. Exodus 20.5-6 Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

6 And shewing mercy unto thousands of them that love me, and keep my commandments.

I believe it is spiritual.. The word is clear in Psa 118:17 I will not die but live and declare the word of the Lord. Say it over and over until the heaviness goes in Jesus name. I love Derek Prince and believe many believers great men and women of GOD struggled with depression. Elijah did and so did David.. Moses.. so u are in good company.. Dont let anyone make u feel condemned Rom 8:1.. This is an illness in a different place.. I pray for healing in Jesus name.

I do not believe God frowns on medications..

I pray that if there are any iniquitous patterns u can break them with the BLOOD of Jesus. With all medications pray against side effects. Proper diet and exercise will help. Also the garment of praise in Isa 61..

Hope this helps I pray it does in Jesus name. Pls pray about this...

Sister Frannie

Re: Medications for depression - posted by Larryv2, on: 2022/12/14 14:23

I have to tell you that it's SO refreshing to see the proper terminology being used! Depression is iniquitous thoughts. Iniquity started with Lucifer and his wrong thinking. It passed through Adam and it's been leading sheep astray every since.

Sort of going along with the topic, I would love it if you would give me your critique on a little something that I have been writing?

So, we are going to look at addictions, and other mental health concerns, from a biblical perspective and the best starting point is the beginning.

The creation of man, Genesis chapter 2. Some things to notice, as you read are that:

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7

The LORD God (all caps indicate his authority and power) began his relationship with mankind when he formed Adam out of the dust of the ground.

Notice that the LORD God didn't breathe a living soul into Adam, he breathed “the breath of life” into Adam's nostrils and then the dust of the ground and the breath of life “became” something new, consisting of the two original components (dust and the breath of life) and a third part, a living soul.

Notice that God placed Adam where he wanted him, God gave Adam a purpose (dress and keep the garden and name all the animals) and he gave Adam a boundary (don't eat from this tree), because God is in charge.

Notice that God planned Eve beforehand, but he let Adam experience being alone before he created Eve. (So much of our human endeavors revolve around the dread of being alone.)

Notice that the LORD God also formed the animals out of the ground (vs19) but he didn't breathe the breath of life into them. Animals have similarities but they don't have a soul.

Understanding that we consist of different parts is important in understanding addictions and mental health, but keeping i

t straight in your mind can be a little overwhelming.

I find it very encouraging that one of the main verses, used to illustrate that mankind has three parts, also calls God "the very God of peace". Take heart, my friend, you are not alone.

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

You can trust that the LORD God who breathed the breath of life into Adam. He knows your name, he knows your body, he knows your soul and he loves you.

"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 discernor of the thoughts and intents of the heart." Hebrews 4:12

Let's start with the body. Your body can be physically addicted to things. I'm sure that we are aware of some of the physical reactions to addictions and how the body reacts to suddenly quitting the drug of choice, but it goes so much deeper.

Perhaps King David was thinking about mankind's multi-faceted parts and complications when, in Psalms 139, he wrote "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

We have automatic systems in our bodies that reflect God's loving kindness towards us. When we get hot we sweat, if we get too cold, our bodies shiver to create heat, if we need more oxygen, we breathe faster, our eyes have eyelids that slam shut instantly when our eyes are in danger. We have an immune system that fights off germs.

We have a nervous system that is designed to run in the background, constantly scanning for danger. It's called the vagal nerve and it was probably not too different from Spider-Man's Spidee Senses before Adam sinned.

We are going to talk about Adam's sin a lot, because it's changed some things. Our vagus nerve, for example, is a gift from God and we can see his love for us in that it still functions (after Adam's sin) despite now having having glitches. The vagus nerve is the shot caller in our fight flight and freeze bodily reactions and it has saved humanity from untold injuries. The very moment our Vagus nerve perceives danger, quicker than conscious thought, our body instantly goes into fight flight or freeze mode. Bodily systems like digestion or the immune system that aren't necessary for immediate survival are shut down and blood flow goes to the large muscle groups preparing our bodies to move quickly, adrenaline dumps through our veins giving us amazing strength and our hearing and vision become sharper, as other areas of our minds, like memories or rational thoughts, reduce.

Thank God that our vagal nerve still works but thank Adam that it now has glitches. Sometimes people that have experienced traumatic events like war, accidents, abuse, or neglect, develop a situation where their vagus nerve doesn't completely reset back to the rest and digest mode. Problems with the vagus nerve has been associated with mental health issues and physical health problems like cancer. Imagine going through life in a hyper vigilant mode, your digestive system is limited, and your thought processes are constantly triggered into survival mode.... Some of us don't have to imagine because that has been our reality. Could it be that you don't have an alcohol problem, you have an alcohol solution? The vagus nerve begins at the base of the skull, near the back of the throat, and runs to the base of the spine and some of the things that stimulate it to relax are singing, humming. Try taking slow deep breaths, with a pause between inhaling and exhaling, taking longer to exhale than to inhale. It shouldn't take too much experimenting before you can lower your heart rate, you may even find it impossible to suppress a yawn.

The book of Ephesians mentions spirit in each of its 6 chapters. It contrasts the spirit of disobedience (our corrupted spirits) and the holy Spirit of God. In chapter five we see something very telling. You see, it's like our bodies have an ancient memory of the time when Adam's body was in complete unison with his spirit and soul and in fellowship with God among the list of counterfeits we see two standouts: sexual sin and drunkenness. And we see true unison with the holy Spirit.

"And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;" Ephesians 5: 18-20

Re: - posted by narrowpath, on: 2022/12/14 17:06

I suggest you read what Oswald Chambers has to say about it:

<https://utmost.org/classic/the-realm-of-the-real-classic/>

I find this very helpful.