

CAN CHRISTIANS BE DEPRESSED?

PEOPLE'S
choice

A Simple Definition of Depression

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 - Different types
 - **Impacts almost every area of one's life**

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- **20% of pastors admit to personally struggling with mental illness**

My Battle with Depression

1 John 1:5-10

⁵ This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. ⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say we have not sinned, we make him a liar, and his word is not in us.

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 - **Downsides – medication doesn't always work; broken relationships or wayward motivations of the heart aren't cured by pills**

Ezekiel 36:26

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.

2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

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- 2) Don't be afraid to claim it
- 3) Do everything you can to tame it
- 4) Proclaim Jesus' name through it

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Psalm 42:5-6

⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God. My soul is cast down within me; therefore I remember you.

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2 Corinthians 1:3-4

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

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- **The good news: there's always hope in Christ for help and healing.**