

Depression by Steve Stutzman

Depression conjures up all kinds of thoughts, word pictures, and notions, none of them positive. It ranges from a feeling of a “cloudy day” to a darkness that forbids the very possibility of escape or happiness. While everyone will face certain things that discourage us temporarily, it was not God’s design for people to live in a state of perpetual depression.

In its rawest form, depression is a series of thoughts, connected to a series of emotions, that will not bow to Christ (1 Cor 10:4-5). It is unclear if darkened thoughts cause emotions, or if darkened feelings cause thoughts, but either way, it’s depressing. In some cases, doctors have associated chemical imbalance with depression—but again, it is unclear if the imbalance cause depression, or depression caused the imbalance.

As a believer in GOD, the Word of God, Eternity, and Christ, my tendency is to explore things from an eternal perspective first. For this reason, very little of what we advise here has to do with medications or physical remedies. I recommend study on nutrition and supplements: I discourage the continued use of medications, for various reasons. We are in no way condemning you if you are on meds, or if your approach thus far in your journey has been from the physical side. Please, if you suffer from depression, do not take the following observations as a beating, but as a pathway of hope. Depression, in general terms, is evidence of the enemy of our souls. Somewhere, somehow, he has a vantage point from which he shoots his lies or “fiery darts” into our minds. Consider the following realities:

1. Depression speaks lies. I have never been around a depressed person who spoke a continual stream of life, hope, and truth—true things, sometimes, but Truth, never. It is the TRUTH that provides hope and sets us free.
2. Depression is associated with darkness. Darkness is absence of light. Light must be covered for darkness to settle in. The Bible speaks of the darkness that covers the mind, and the eyes (ability to reason). Eph 4:18
3. Depression’s end game is always to separate from truly knowing God. (1Cor 10:4-5)

That makes it look suspiciously much to me like the work of the enemy. There are many root causes for depression. Sometimes it results from unresolved conflicts of the past. Covering up horror, or traumatizing events, and trying to bury them in the passage of time, busyness, or denial will often result in depression. Generally, if someone has taken this path, they already know the root. The problem now becomes, are we willing to go back, face the pain, and walk through the repentance necessary to come to real freedom? Has the pain we live in become greater than the cost of exposure?

Sometimes, depression occurs because of feelings we carry. Often it comes as a result of witchcraft or occultism we are not aware of. The Bible speaks of darkness of mind, and blindness of mind, in relation to “gods of this world.” (2 Cor. 4:4) When someone has deep depressions, dissociations, or suicidal desires, there is nearly always some form of involvement with spirits of darkness. Thousands of people suffer today because of spiritism, occultism, witchcraft practices and involvement – both in their lives personally and in their ancestors. • Have you been suffering from depression? • Is someone you love currently depressed?

Start by taking the whole thing to God and laying it out before Him (He knows anyway). Open your heart to Him and invite Him to show you where the wall of protection around you has been broken down and breached. This may be a short search with an instant find; or it may be a longer effort of walking with God and waiting.

We would of course invite you to attend a conference about these types of spiritual strong holds. TBYL [Insert link here] is a strong conference aimed at a variety of strong holds. Sometimes we do more specialized conferences. Feel free to contact us regarding these, or for info on one-on-one help. A book that may help identify issues you would not see on your own would be good, such as, “When Pigs Move In.” *Insert link here]

Most personal depression has a trigger. The trigger sets off a chain of events, thoughts, and actions that spiral down into darkness. Identifying the TRIGGER may help you find the root cause. What is the word, action, treatment, or feeling that triggers the first thought in the destructive pattern? It is very important that you do NOT go on a self-abusive, guilt-ridden, self-condemning, witch-hunt for issues in your past. In all of this, find a friend who will hold you accountable, and keep you from running down rabbit trails. Condemnation is extremely damaging to folks caught in depression. If obvious issues are there, be real, honest and open about them. If not, do not get defensive, angry, and depressed about it. Just stay open and walk with God... listening.

If someone you love is depressed:

- Listen. Let them express themselves, openly, about the darkness and hopelessness they feel. Later, you will need to help them understand that their words carry power – and that they need to be much more controlled about what they speak. Later, you will combat each lie with the TRUTH. But now, just listen – and love.

- Speak truth, but do not argue. DO NOT engage in a war of words with a depressed person. They are not in a condition to handle the emotion of it all. Tell them they are loved and valuable, that God loves them and made them special and precious, and then pray for them. They may fuss a bit..... but do not engage in argument. Just smile and tell them, that at the end of the day, you will still love them. Love never fails.

- Present hope. Tell them some day they will walk out of it, and Christ will use them for His glory. Find CDs , or books, or testimonies of how God set someone free, and make them available. Their heart is drowning in hopelessness, speak hope into the future for them. Be a little careful not to provide just any kind of music, some music today actually feeds depression. Some of our songs like “Heal the Wound”, “To the River”, “These Scars” (links) are designed to minister to the deep, hidden hurts of the past.

- Stay connected. Depressed people often feel valueless because no one wants to be around them. Try to send cards and flowers, or notes scribbled on sticky notes that can help them keep afloat. Pray. Ask God to show you in a dream, vision or knowledge what is causing the fiery darts to enter their hearts. Bring them with you to a conference, they may well be to scared or down to come alone.

Get help when you need to. Don't be too hard on yourself if you don't seem to have the answers, or if your words fall on deaf ears. If you sense the situation is volatile or dangerous, call us, or someone experienced with depression. If medical professionals demand a medicated approach, use it, at least until a deeper solution can be found. Many times, an experienced counselor recognizes signs of things he/she has run across before, and is able to cut in to the core issue relatively fast. Usually, they can at least tell you if you are on the right track.

And again, God Bless you for caring about someone who is hurting, and giving of yourself to help.