

Some of the Causes of Depression and How to Deal with Them

We are in a battle with depression, But God is much stronger than Satan!!

Hebrews 4:14-16 Jesus can relate to everything we're going through.

Jesus experienced anxiety and the feeling of depression Matt. 26:36-46.

Guilt brings depression, either perceived guilt or real guilt. To get rid of guilt we need to take 7 steps. First:

1. Responsibility: Admit it and own up to your thoughts, works and actions.
2. Regret: BE sorry.
3. Remorse: FEEL your sorrow for it.
4. Repentance: Do a 180, stop and go in the opposite direction.
5. Restitution: Make amends, both to God and the ones you hurt.
6. Release: Let it go, REALLY let it go, you've now done all you can, choose to let it go.
7. Reconciliation: That may or may not happen, but you can try and then let it go if the other person does not want to reconcile. --- 7 steps idea from Bob Phillips

Matthew 22:39 "You shall love your neighbor as yourself"

If we cannot love ourselves we cannot love others. If I don't know myself and love and accept who I am I cannot love others as Jesus wants me to.

We need personal healing before we can love or even accept love from our partner. We cannot love our spouse or children like we should if we are deeply wounded. If a leg is broken it cannot be walked on. If our hearts and emotions are torn and jagged they cannot love like they should.

Steps on how to forgive and heal:

The Holy Spirit will show you where you need healing and walk with you through any pain you may have.

Spend time in prayer asking God to help you face each memory as it comes to you.

Acknowledge it, say to yourself this is what happened to me. Say, "I forgive (you fill in the blank)". When you say I forgive, mean it, really mean it. Let the feeling of disgust, pain, embarrassment, agony, self-rejection, any feeling associated with it fade away. Repeat "I forgive" as needed.

Then say, "I've forgiven this person, Lord God. In the name of Jesus any evil that is left within me has to leave. In the name of Jesus I ask to be healed. Fill this released area with your Holy Spirit. Thank you, Jesus!" Make sure you ask for the Holy Spirit to fill the released area. The Holy Spirit in that space will help block any negative that tries to come back.

Set goals for yourself, procrastination brings anxiety and depression, do it today and don't put it off 😊

Dress in nice clothes every day, first thing in the morning. Comb your hair, put on make-up, stand up straight, look people in the eye, smile at your husband and each child at least once a day 😊

God protects and delivers Psalm 34:15-22

Phil. 3:12-16 I'm not perfect, but I'll keep trying 😊

Recommended reading:

A Mother's Rule of Life, by Holly Pierlot

Boundaries, by Dr. Henry Cloud and Dr. John Townsend

Scripture, Quotes, and Humor

Philippians 4:4-9

4. Always be full of joy in the Lord; I say it again, rejoice!
5. Let everyone see that you are unselfish and considerate in all you do.
Remember that the Lord is coming soon.
6. Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for His answers.
7. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.
8. And now, brothers, as I close this letter, let me say this one more thing:

Fix your thoughts on what is true and good and right.

Think about the things that are pure and lovely, and dwell on the fine, good things in others.

Think about all you can praise God for and be glad about.
9. Keep putting into practice all you learned from me and saw me doing,

And the God of peace will be with you.

PSYCHIATRIC HOTLINE ☺

For humor only—unknown
Welcome to the psychiatric hotline. If you are obsessive-compulsive, please press 1 repeatedly. If you are codependent, please ask someone to press 2 for you. If you have panic disorder, please press 3. This indicates the number of minutes before someone will break into your home and kidnap you. If you have multiple personalities, please press 4, 5, and 7. If you are bipolar, please press 6 and 9. They seem to be opposite. If you are anxious, think about all of the things that could go wrong if someone were to answer the phone. If you are schizophrenic, listen carefully and a small, quiet voice will tell you which number to press. If you are a depressive, it doesn't matter which number you press. No one will answer. If you have paranoid delusions, we know who you are and what you want. Just stay on the line so we can trace the call. Thank you for calling the psychiatric hotline. ☺

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened. --- Winston Churchill

Fears are educated into us, and can, if we wish, be educated out. --- Karl Menninger

We are always in the forge or on the anvil; by trials God is shaping us for higher things.
--- Henry Ward Beecher

Words can never adequately convey the incredible impact of our attitude toward life. The longer I live the more convinced I become that life is 10% what happens to us and 90% how we respond to it. --- Charles Swindoll

It wasn't the Apostles' meager five loaves and two fish that fed the crowds, but their offering combined with the blessing of Jesus. And Jesus was telling me to give Him my...insignificant efforts, and He would bless them and the needs of my family would be met....But... I still felt overwhelmed by my responsibilities. I still...didn't have time to devote to homeschooling...my house was still a mess....I reasoned, if God has given me a job to do, and He is a God of order, and if a schedule helps to bring about order...then perhaps I should think about a schedule....I'm too "spontaneous" to be "limited" by a schedule, I thought....but disorder is more limiting. My cherished spontaneity was pointless when I didn't have the time or energy to enjoy it. --- Holly Pierlot

May God bless you, hold you close and heal you.