



**Sunday March 01, 2020**  
**Overcoming Depression**

Over the last few weeks we have been talking about overcoming negative emotions such as fear and anxiety.

In case you missed these sermons, they are available for free, on our church website [apcwo.org/sermons](http://apcwo.org/sermons)

Today we wish to address another important area of challenge for many of us, that of depression.

Before we get started let us remind ourselves of two important Scriptures that show us that we can overcome anything and everything we face.

1 John 5:1,4

1 Whoever believes that Jesus is the Christ is born of God,...

4 For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

Whatever you are facing today - you can overcome!

Let's boldly declare:

I AM BORN OF GOD AND I OVERCOME THIS WORLD AND ALL THAT IS IN IT. I OVERCOME BY FAITH.

1 John 4:4

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

Let's boldly declare:

JESUS WHO IS IN ME IS GREATER THAN ANYTHING OR ANY POWER THAT I FACE IN THIS WORLD.

Today we will address: **OVERCOMING DEPRESSION**

Some general common information:

All of us have feelings of discouragement, sadness, disappointment, hopelessness, helplessness, "gloominess" or "dullness". These are temporary and we get back to our normal active, energetic selves.



If however, these feelings of sadness, discouragement, disappointment, hopelessness, helplessness, gloominess or dullness for weeks, months and sometimes for years, we generally say that the individual is depressed.

Depression not only affects our emotional state (how we think, feel and act) but also affects our health. A person going through depression may find it hard sometimes to do even the simplest things. Here are some things we feel/face when we are depressed:

Feel a loss of motivation

Feel that nothing matters, there is no meaning, no purpose.

Feel like life is not worth living ("I wish I could die" etc.).

Feel like sleeping all day, not wanting to get up, not wanting to face life.

Dread the thought of going to work, facing up to your responsibilities

If not addressed depression can worsen.

Depression can affect people of all ages.

Depression is treatable with the help of professional counselors or medical professionals.

Today, we'd like to discuss what the Bible teaches us to help overcome such feelings of depression. We'd like to share some practical Biblical instructions we can follow, that will help us overcome feelings of discouragement, sadness, disappointment, hopelessness, helplessness, "gloominess" or "dullness".

#### **IMPORTANT NOTE AND DISCLAIMER**

We are presenting Biblical truth to help us overcome depression. Please note, that we are not against you **getting professional help** either through a counselor or a medical professional. In fact some may need professional help for a period of time, **while also engaging with the Biblical truth we are presenting today**. If you are receiving professional help, please **do not discontinue it**, until directed to do so by the authorized person.

Lets read

Psalm 42:1-11

1 As the deer pants for the water brooks, So pants my soul for You, O God.

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

3 My tears have been my food day and night, While they continually say to me, "Where is your God?"

4 When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast.

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.



6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan,  
And from the heights of Hermon, From the Hill Mizar.

7 Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me.

8 The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me—  
A prayer to the God of my life.

9 I will say to God my Rock, "Why have You forgotten me? Why do I go mourning because of the  
oppression of the enemy?"

10 As with a breaking of my bones, My enemies reproach me, While they say to me all day long, "Where is  
your God?"

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall  
yet praise Him, The help of my countenance and my God.

While we are not entirely sure, many scholars believe that this Psalm was most likely a Psalm which David sang when he was in exile, and desired to return to Jerusalem. The location details he provides in verse 6, may indicate that the psalm was composed when David had to flee from Absalom, at the time he crossed the Jordan and headed toward the mountains of the north, the source of Jordan (2 Samuel 17:22).

He is feeling cast down and disquieted. There is a sense of hopelessness. If you look at other translations for the words "cast down" and "disquieted", we find these words: *depressed, despair, discouraged, restless, sad, upset, in turmoil, troubled, moan, or as the Message Bible renders it: "down in the dumps", "crying the blues"*.

He is also seen to be crying, weeping and mourning as seen in verse 3,9.

He mentions reasons for his feeling this way in verses 9-10:

He feels like God has forgotten him.

The enemy is oppressing him.

His enemies taunt him saying "where is your God?"

Many of us feel like this at times - we feel like God has abandoned us, suddenly gone silent, suddenly disappeared. There are pressures and challenges before us. Things we are facing seem to taunt us asking "where is your God?".

There are all kinds of situations that can cause us to feel this way. The loss of a loved one, failure, disappointment, overwhelming challenges, insurmountable problems, etc. Under all this, we may feel like David cast down, disquieted, depressed, despair, discouraged, restless, sad, upset, in turmoil, troubled, moan, "down in the dumps", "crying the blues".

While David expresses what he is feeling and what he is going through, he also shares how he is overcoming all of this. That is what we wish to focus on, and bring practical insights on what we can do to overcome feelings of depression.



While it would be good to study every verse in this chapter, for the sake of brevity and to focus on our objective we will look closely at the following verses:

Psalm 42:

3 My tears have been my food day and night, While they continually say to me, "Where is your God?"

4 When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast.

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

## Overcoming Depression - Practical Insights

### #1, RECOGNIZE YOUR FEELINGS

Psalm 42

5 Why are you cast down, O my soul? And why are you disquieted within me?

11 Why are you cast down, O my soul? And why are you disquieted within me?

There is nothing wrong in recognizing how you are feeling - that things are 'not normal' or things are not the way they should be.

If you don't recognize the problem you are not going to be able to fight it to overcome it.

Don't pretend that it is not there - because pretending that there are no problems won't make the problems go away. On the contrary they may only tend to get worse.

However, in recognizing feelings of depression, despair, etc. don't let it overwhelm you.

Always see yourself as an overcomer as the Word says.

God Word says that He always causes us to triumph (2 Corinthians 2:14) and you will come out victorious.

### #2, SHARE YOUR FEELINGS WITH GOD

Psalm 42

6 O my God, my soul is cast down within me;...



David expresses his emotions (feelings) to God.

Remember that the Scriptures teach us that we have a great High Priest in heaven who can "*sympathize with our weaknesses*" (Hebrews 4:15) or as other versions render it He "*understands our humanity*" (TPT) or is in "*touch with our reality*" (MSG).

(TPT : The Passion Translation MSG: The Message Bible)

Share your feelings with God and ask Him to bring you out of the feelings of depression, despair, hopelessness, etc...and fill you with joy and hope.

### **#3, ENCOURAGE YOURSELF IN GOD - SPEAK HIS WORD**

Psalm 42

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

David is speaking to himself and telling himself what he should do. He tells himself to hope in God, that he is going to praise God, and that his help comes from God's presence.

This is something we must learn to do.

We must learn to take authority over our emotions.

Learn to speak God's Word over yourself.

If we train ourselves to do this (i.e. speak God's Word over ourselves) when times are good and when we are strong, then we can do the same when things are difficult and when feelings of depression and despair seem to come over us like a thick blanket.

1 Samuel 30 we read about an incident in David's life, before he became king. At this time he had a small army of men with him. While he and his men were away, the Amalekites had attacked Ziklag, the city where their families were and taken everyone and everything away. So when David and his men got back to Ziklag, all their families were taken captive and all their possessions were gone. The Bible records, that David and his men "*wept, until they had no more power to weep*" (1 Samuel 30:4).

Things got worse. David's men were so discouraged, they turned their anger at David himself. They wanted to stone David.

1 Samuel 30:6



Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

This is a powerful testimony. "But David strengthened himself in the LORD his God."

Like David, we must learn to strengthen ourselves in God.

Pray a lot in the Spirit. Praying in tongues, the Scripture teaches us, strengthens our inner man (1 Corinthians 14:4, Jude 1:20).

Feed upon the Word. Speak the Word. The Word of God strengthens us.

Psalm 119:28

My soul melts from heaviness; Strengthen me according to Your word.

The Psalmist recognizes being pressed down. But then seeks to be strengthened by the Word of God.

#### **#4, HOPE IN GOD**

Psalm 42

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Keep hope in God, alive.

Hope is an expectation, a desire for a future, in this case, a future that God has promised.

Our hope is not baseless or empty. We hope, because of God and what He has promised.

Hope is kept alive by maintaining a picture of a God-promised future that will one day become a reality.

We know what the Scripture states about Abraham, who against all hope, still had hope, and in hope believed, that he would become what God had promised (Romans 4:18).

So regardless of what is making you depressed or sad - hope in God. Keep hope alive. Paint a picture of a promised future on the canvas of your mind.



For example, if what is happening to your children is what is causing you to be depressed, perhaps the way they are behaving or what they are doing, etc. Look at the Word of God. Look at the promises of God concerning children. Look at what God can do in their lives. Keep hope for your children's well-being and success alive, by looking at God and His Word.

Hebrews 6:19

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,

(TPT) We have this certain hope like a strong, unbreakable anchor holding our souls to God himself....

Hope is a strong, firm and steady anchor for our souls, anchoring us in God Himself.

Hope anchors us in God!

## **#5, REMEMBER GOD**

Psalm 42

6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.

Given that he is feeling low, down and depressed, David says that He will remember God.

Remember - recall to your mind - His goodness to you over the years.

Remember His faithfulness to you over the years.

Psalm 77:7-12

7 Will the Lord cast off forever? And will He be favorable no more?

8 Has His mercy ceased forever? Has His promise failed forevermore?

9 Has God forgotten to be gracious? Has He in anger shut up His tender mercies? Selah

10 And I said, "This is my anguish; But I will remember the years of the right hand of the Most High."

11 I will remember the works of the LORD; Surely I will remember Your wonders of old.

12 I will also meditate on all Your work, And talk of Your deeds.

In Psalm 77, the Psalmist had a moment when he was wondering whatever happened to God. But in such a moment, he chose to recall the work of the Lord and the wonderful things God had done in times past.

Encourage yourself be remembering God's goodness in your life in times past.

He has not changed. He is still the same good and powerful God.

He will show His goodness yet again, and again.



## #6, PRAISE GOD

Psalm 42

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

David makes a resolve to praise God in spite of how he feels.

Isaiah 61:1-3

1 "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;

2 To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn,

3 To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

We would like to bring our attention to a few important truths here.

First, the anointing of the Holy Spirit will cause these changes in the lives of people.

The anointing (the presence and power of the Holy Spirit at work) brings:

liberty to captives

freedom to those who are bound

comfort to those who mourn

joy for those who grieve

the garment of praise for the spirit of heaviness

The Bible teaches us that the anointing (the presence and power of the Holy Spirit at work) removes burdens and destroys yokes (Isaiah 10:27). This includes the burden and yoke of depression.

**The anointing (the presence and power of the Holy Spirit at work) removes and destroys depression!**

Second, the Holy Spirit imparts "the garment of praise for the spirit of heaviness"

When you clothe yourself with praise, it gets rid of the spirit of heaviness.

**Praising God destroys depression!**

Praising God gets rid of depression!

Praise is always joyous. Praise is celebrating who God is!

Joy is God's antidote to depression!





So be intentional about praising God.

You may have to get yourself together to praise Him.

It may be difficult to start. But as you keep going it will get easier and the heaviness will leave.

Praise silences and stops the enemy (Psalm 8:2)

Praise sentences the enemy to his judgment (Psalm 149:6-9)

We must understand, that there is a spirit of heaviness, or we can refer to this as a spirit of depression.

This is an evil spirit.

While not all depression is caused by an evil spirit, some cases are.

So we need to resist and cast out a spirit of depression.

Take authority in Jesus' name and cast out any spirit of depression that might be tormenting you.

Lift up praise to the Lord!

## **#7, DECLARE - MY HELP COMES FROM GOD**

Psalm 42

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

8 The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me—  
A prayer to the God of my life.

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

David praises God for His help that he is assured of.

David boldly testifies that the Lord will command His lovingkindness (goodness, mercies).

vs 5 "...For the help of His countenance."

"help" (Heb. 'yeshuah' = salvation, healing, deliverance, victory, help, etc.) of His face (or His presence)

Our help, salvation, healing, deliverance comes from His presence.

Receive from His presence.

Receive from His anointing.

vs 11 "...The help of my countenance and my God."

"help" (Heb. 'yeshuah' = salvation, healing, deliverance, victory, help, etc.) of my face



Declare boldly that your help, salvation, healing, deliverance and victory comes from God.

### **CONCLUSION**

Overcoming Depression

#1, Recognize your feelings

#2, Share your feelings with God

#3, Encourage Yourself In God - Speak His Word

#4, Hope in God

#5, Remember God

#6, Praise God

#7, Declare - My help comes from God

### **MINISTRY TIME | SALVATION CALL**

There is nothing too hard for God. Nothing impossible with God.

Proclaim Jesus Christ as Savior, Healer, Deliver, Miracle Worker.

He is the same yesterday, today and forever.

The power of the Holy Spirit and all the gifts of the Holy Spirit are for us today.

We have been commissioned to do the works He did and even greater works.

We must come to Him in faith and we will receive.

Minister for people to receive healings, deliverances and miracles.

Take testimonies.

Lead in prayer for repentance and salvation.



LIFE GROUP STUDY GUIDE

**Sunday March 01, 2020**  
**Overcoming Depression**

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

### **Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at [apcwo.org/sermons](http://apcwo.org/sermons) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

### **Welcome**

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

### **LISTEN to God's Word**

Read the following Scripture passages: *Psalm 42*

### **INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1) Discuss the struggle with depression that seems to plague people today. If anyone in the group has struggled with feelings of depression, and they would like to they can share briefly about their personal experience?*

*2) Review and discuss the drawn from Psalm 42, that help us overcome depression. Talk about how we work this in everyday life:*

- #1, Recognize your feelings
- #2, Share your feelings with God
- #3, Encourage Yourself In God - Speak His Word



- #4, Hope in God
- #5, Remember God
- #6, Praise God
- #7, Declare - My help comes from God

If time permits, each one takes a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

**FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

**ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



**USEFUL RESOURCES**



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>