

How to handle a depressing situation?

If a depressing thought of some sin we committed comes to our mind, check if we have confessed that sin to God.

Bible clearly states in 1 John 1:9 - ⁹ ***If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.***

If we confess our sins, God surely will forgive our sins. After forgiving our sins, God will not accuse us for that sin. So definitely realise that the accusation is from devil and reject it. Do not think about it any more.

If it comes to mind again, resist it saying in your mind - I do not accept your accusation satan. Refuse to think about it any more. Divert your attention to something good or may be sing a christian praise song.

Bible clearly states in James 4:7 - ⁷ Submit yourselves therefore to God. ***Resist the devil, and he will flee from you.***

Can a Christian be depressed?

Yes, a christian can get depressed. Elijah in the Old Testament is one of the best examples. He had one of the most important spiritual achievement in turning Israel from Baal worship to the real God, Jehovah. But when Jezebel had sent him the letter mentioning that he will be killed, Elijah fled for his life. He was depressed after the long journey. Then He asked God to take his life. He was depressed.

But God gave him proper rest and food and renewed him.

Similarly sometimes we also feel depressed. Sometimes its because the devil accusing us of wrong things, sometimes bringing to remembrance our past sins, sometimes making us feel that we are good for nothing and useless.

But then how to handle the depressing situation?

Love letter

The best most intimate love letter which I have come across

Psalm 139

O lord, thou hast searched me, and known me.

² Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.

³ Thou compassest my path and my lying down, and art acquainted with all my ways.

⁴ For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether.

⁵ Thou hast beset me behind and before, and laid thine hand upon me.

⁶ Such knowledge is too wonderful for me; it is high, I cannot attain unto it.

⁷ Whither shall I go from thy spirit? or whither shall I flee from thy presence?

⁸ *If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.*

⁹ *If I take the wings of the morning, and dwell in the uttermost parts of the sea;*

¹⁰ *Even there shall thy hand lead me, and thy right hand shall hold me.*

¹¹ *If I say, Surely the darkness shall cover me; even the night shall be light about me.*

¹² *Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee.*

¹³ *For thou hast possessed my reins: thou hast covered me in my mother's womb.*

¹⁴ *I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

¹⁵ *My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.*

¹⁶ *Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.*

¹⁷ *How precious also are thy thoughts unto me, O God! how great is the sum of them!*

¹⁸ *If I should count them, they are more in number than the sand: when I awake, I am still with thee.*

Annoying people?

Don't we get annoyed sometimes by others? Are we not easily offended?

If someone doesn't agree with our view points, doesn't it upset us?

Jesus lived in a perfect peaceful, calm environment. The best place which we can ever think of - the heaven.

When He came to the earth, living in midst of irritable human beings, how He would have felt. Was He annoyed? How did He react?

We react with a grumpy face at the slightest offensive comment. But Jesus could sympathise with our human weakness. His great love made Him to overlook our offensive nature. He loved us.

If someone keeps swearing, we just become unrest after a while. The Lord migrated from a perfect holy place down to this lowly unholy earth. Not for a week or so, for years altogether. We can't bear annoying people. We get offended, we tend to avoid people with whom we don't get along well. I guess if someone is drunk, and swearing and being aggressive we would be uncomfortable and would want to leave that place soon. The Lord came into this world knowing He is entering into an imperfect unholy world. He loved us and looked beyond our weaknesses.

⁸ And above all things have fervent charity among yourselves: **for charity shall cover the multitude of sins.** - 1 Peter 4:8

May the Lord help us to follow His example as mentioned in the Bible - 1Peter 19-24

¹⁹ *For this is thankworthy, if a man for conscience toward God endure grief,*

suffering wrongfully.

²⁰ *For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.*

²¹ *For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:*

²² *Who did no sin, neither was guile found in his mouth:*

²³ ***Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:***

²⁴ *Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.*

We have been forgiven abundantly, so lets forgive others and leave the matter in the hands of God who alone can judge righteously.

Can satan deceive if one is innocent and the motives are good and trying to please God?

satan deceived Eve, who was very innocent.

satan even tried to tempt Jesus. so just being innocent or good, doesn't mean that we are protected from devil.

That's why the Bible says : **be ye therefore wise as serpents, and harmless as**

But sometimes I keep having wandering thoughts, what to do in such situations?

When we get up in the morning, submit yourselves wholly (body, soul and spirit) to God. Ask the Holy Spirit to guide you throughout the day.

Pray to God for a sound mind and spiritual discernment – ie, to know if a thought or matter is from God or not. Holy Spirit will help you. From your part, once you become aware that the matter is from devil, purposefully deviate your mind to something Godly. He will help you to have control over thoughts.

How would I know when to resist the devil?

For example, when some sudden thoughts come to your mind, realise that it may **sometimes** be the thoughts or suggestions implanted into the mind by devil. Not all thoughts in our mind are the ones which originates from us.

To resist,

1. **When some sudden unclean thought comes to mind, recognise the probability that the devil is trying to distract you.**
2. **After recognising this, refuse to think about that unclean thought. Purposefully distract mind to something positive or profitable.**

Wouldn't God protect me from satan, as I am sincerely trying to follow God?

God will definitely protect His children as per His will. The Bible makes it clear
- **Submit yourselves therefore to God. Resist the devil, and he will flee from you. - James 4:7**

God doesn't say I will resist the devil for you. He asks us to resist the devil.

How would I know when to resist the devil?

Should a new christian fight against satan?

New or old, every born again christian has the Holy Spirit dwelling within him. God commands us to resist satan clearly. So we should resist satan.

Submit yourselves therefore to God. Resist the devil, and he will flee from you. - James 4:7

What is spiritual warfare?

Spiritual warfare is a basic thing which Christians need to be aware of. We are born again not into a play ground, but a battle field. We are redeemed from satan, the enemy and now we are in Christ. But the enemy is still there, he has not disappeared from the spiritual scene. Hence the need for spiritual warfare.