

Depressed? Anxious? What to do?

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It's a fact that most of us go through depression or anxiety at varying degrees at some point of our lives. Some are comfortable talking about this to their loved ones. Some keep it to themselves for fear of being judged or misunderstood. Anxiety and depression is much more prevalent in society than we think. Just by speaking about it to someone you think will understand you, will help you to go through the situation. If you find it difficult to share it with your family members or friends, do take help by consulting a professional counsellor. **Professional counsellors are trained to correctly judge the situation and would be able to help you. Also consult a doctor who might prescribe anti depressants, if it's right for you. Do seek medical help, that's the right thing to do.**

Take a walk. It will help have a positive impact as well.

Is it ok for Christians to have anxiety/depression?

Christians are also humans and I have come across many Christians who are spiritual and yet had to go through periods of depression from which they were unable to rescue themselves. **Definitely, do find a professional Christian counsellor who will be able to help you recover from depression/anxiety. Also consult a doctor who might prescribe anti depressants, if it's right for you. Do seek medical help, that's the right thing to do.**

Yes, its true that we are born again and have accepted Jesus Christ as our Saviour. But also bear in mind the fact that we are still on earth and not in heaven.

Every Christian is in a spiritual warfare. Accept it or not, that's the fact.

Ephesians 6

¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

¹² For **we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**

2 Corinthians

³ For though we walk in the flesh, we do not war after the flesh:

⁴ (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

⁵ Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Know the fact that, all thoughts which come to our mind is not originated within us. Suddenly you get some thought and you feel condemned why this happened so? Just think for a moment did you think about it? Or was it suddenly flashed to your mind? If you haven't been deliberately think about it for some time, it's not from you. Know the schemes of the devil. Satan and his evil forces are powerful and they do have super natural powers. Satan tempts by injecting thoughts to minds also. Recognise this. **If the thought is not yours, reject it (by refusing to think about it any more)** and divert your attention to something good.

As long as you don't act on the wrong thought that came into your mind, its fine, forget it and move on. It's only a temptation and you have not yielded to that temptation and have not sinned. **Satan tempted Jesus also. So don't think that he wont tempt us humans.**

If you act on the wrong thoughts injected to your mind by the devil, that's when you have yielded to that temptation. The best option would be not to yield to the temptation.

But if you have yielded to the temptation, just raise up by confessing your sins

to Jesus and He has promised to cleanse you from your sins and He will remember your sins no more.

1 John

But if we walk in the light, as he is in the light, we have fellowship one with another, and **the blood of Jesus Christ his Son cleanseth us from all sin.**

⁸ If we say that 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.**

Isaiah 44:22

²² **I have blotted out,** as a thick cloud, thy transgressions, and, as a cloud, thy sins: **return unto me; for I have redeemed thee.**

Isaiah 43:25

²⁵ I, even I, am he **that blotteth out thy transgressions** for mine own sake, and **will not remember thy sins.**

Remember you have a Saviour who redeemed you.

¹⁴ Seeing then that we have a great high priest, that is passed into the heavens, **Jesus the Son of God,** let us hold fast our profession.

¹⁵ **For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.**

¹⁶ Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

God has given us the Holy Spirit as our comforter. Pray to God to help you through this situation. **Always remember the fact that, Satan is a defeated foe.**

When Jesus was crucified, He defeated satan as mentioned in Colossians 2.

¹³ And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

¹⁴ **Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;**

¹⁵ And **having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.**

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

Submit all areas of your life to God. If there remains any area in your life unyielded to God, pray to God to help you to yield all areas of your life to God. God will help you.

Avoid areas where you know you would be tempted.

³ A prudent man **foreseeth the evil, and hideth himself:** but the simple pass on, and are punished.

Romans 7 & 8

¹⁸ For I know that in me (that is, in my flesh,) dwelleth no good thing: **for to will is present with me; but how to perform that which is good I find**

not.

¹⁹ For the good that I would I do not: but the evil which I would not, that I do.

²⁰ **Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.**

²¹ I find then a law, that, when I would do good, evil is present with me.

²² For I delight in the law of God after the inward man:

²³ But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

²⁴ O wretched man that I am! who shall deliver me from the body of this death?

²⁵ I thank God through **Jesus Christ our Lord**. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

8 There is therefore now **no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.**

² For the law of **the Spirit of life in Christ Jesus hath made me free** from the law of sin and death.

³ For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

⁴ That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

⁵ For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

⁶ For to be carnally minded is death; but to be spiritually minded is life and peace.

⁷ Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

⁸ So then they that are in the flesh cannot please God.

⁹ But ye are not in the flesh, **but in the Spirit, if so be that the Spirit of God dwell in you.** Now if any man have not the Spirit of Christ, he is none of his.

¹⁰ And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

¹¹ But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

¹² Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

¹³ For if ye live after the flesh, ye shall die: **but if ye through the Spirit do mortify the deeds of the body, ye shall live.**

¹⁴ For as many as are led by the Spirit of God, they are the sons of God.

¹⁵ For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

¹⁶ The Spirit itself beareth witness with our spirit, that we are the children of God:

¹⁷ And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

John 14

¹⁸ I will not leave you comfortless: I will come to you.

²⁶ But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

²⁷ Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. **Let not your heart be troubled, neither let it be afraid.**

Also **Definitely, do find a professional Christian counsellor who will be able to help you recover from depression/ anxiety. Also consult a doctor who might prescribe anti depressants, if it's right for you. Do seek medical help, that's the right thing to do. And pray to God to help you through this situation. If you are comfortable, discuss this with someone in your Church.**

⁶ **Be careful for nothing; but in every thing** by prayer and supplication with thanksgiving **let your requests be made known unto God.**

⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

⁷ Casting all your care upon him; **for he careth for you.** - 1 Peter 5:7

Will good overcome evil?

Inspite of whatever is happening, ultimately good will overcome evil. Because God's judgements are true and righteous.

Matthew 1

Now the birth of **Jesus Christ** was on this wise: When as his mother Mary was

espoused to Joseph, before they came together, she was found with child of the Holy Ghost.

¹⁹ Then Joseph her husband, being a just man, and not willing to make her a public example, was minded to put her away privily.

²⁰ But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.

²¹ And she shall bring forth a son, and thou shalt call his name **Jesus: for he shall save his people from their sins.**

Matthew 3

And **Jesus**, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him:

¹⁷ And lo a voice from heaven, saying, **This is my beloved Son**, in whom I am well pleased.

John 3

¹⁶ For God so loved the world, that he gave **his only begotten Son**, that whosoever believeth in him should not perish, but have everlasting life.

¹⁷ For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

1 John 3

⁸ He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose **the Son of God** was manifested, that he might **destroy the works of the devil.**

1 John 1

⁵ This then is the message which we have heard of him, and declare unto you, that **God is light, and in him is no darkness at all.**

⁶ If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

⁷ But if we walk in the light, as he is in the light, we have fellowship one with another, and **the blood of Jesus Christ his Son cleanseth us from all sin.**

⁸ **If we say that 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 that we have not sinned, we make him a liar, and his word is not in us.

Colossians 2

¹³ And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

¹⁴ Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;

¹⁵ And **having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.**

Revelation 12

⁹ And the great dragon was cast out, that old serpent, called **the Devil**, and Satan, **which deceiveth the whole world:** he was cast out into the earth, and his angels were cast out with him.

¹⁰ And I heard a loud voice saying in heaven, Now is come salvation, and strength,

and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.

¹¹ And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

¹² Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because **he knoweth that he hath but a short time**.

Revelation 19

¹¹ And I saw heaven opened, and behold a white horse; and he that sat upon him was called **Faithful and True**, and **in righteousness he doth judge and make war**.

¹² His eyes were as a flame of fire, and on his head were many crowns; and he had a name written, that no man knew, but he himself.

¹³ And he was clothed with a vesture dipped in blood: and his name is called The Word of God.

¹⁴ And the armies which were in heaven followed him upon white horses, clothed in fine linen, white and clean.

¹⁵ And out of his mouth goeth a sharp sword, that with it he should smite the nations: and he shall rule them with a rod of iron: and he treadeth the winepress of the fierceness and wrath of Almighty God.

¹⁶ And he hath on his vesture and on his thigh a name written, **King Of Kings, And Lord Of Lords**.

¹⁷ And I saw an angel standing in the sun; and he cried with a loud voice, saying to all the fowls that fly in the midst of heaven, Come and gather yourselves together unto the supper of the great God;

¹⁸ That ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of

all men, both free and bond, both small and great.

¹⁹ And I saw the beast, and the kings of the earth, and their armies, gathered together to make war against him that sat on the horse, and against his army.

²⁰ And the beast was taken, and with him the false prophet that wrought miracles before him, with which he deceived them that had received the mark of the beast, and them that worshipped his image. These both were cast alive into a lake of fire burning with brimstone.

²¹ And the remnant were slain with the sword of him that sat upon the horse, which sword proceeded out of his mouth: and all the fowls were filled with their flesh.

Revelation 20

And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand.

² And he **laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him** a thousand years,

³ And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.

⁴ And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Jesus, and for the word of God, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and **reigned with Christ** a thousand years.

⁵ But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection.

⁶ Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall

reign with him a thousand years.

⁷ And when the thousand years are expired, Satan shall be loosed out of his prison,

⁸ And shall go out to deceive the nations which are in the four quarters of the earth, Gog, and Magog, to gather them together to battle: the number of whom is as the sand of the sea.

⁹ And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them.

¹⁰ And **the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.**

¹¹ And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them.

¹² And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.

¹³ And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works.

¹⁴ And death and hell were cast into the lake of fire. This is the second death.

¹⁵ And whosoever was not found written in the book of life was cast into the lake of fire.

Revelation 22

¹² And, **behold, I come quickly**; and my reward is with me, to give every man

according as his work shall be.

¹³ I am Alpha and Omega, the beginning and the end, the first and the last.

¹⁴ Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

¹⁵ For without are dogs, and sorcerers, and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie.

¹⁶ **I Jesus** have sent mine angel to testify unto you these things in the churches. I am the root and the offspring of David, and the bright and morning star.

¹⁷ And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.

¹⁸ For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book:

¹⁹ And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book.

²⁰ He which testifieth these things saith, **Surely I come quickly. Amen. Even so, come, Lord Jesus.**

²¹ The grace of our Lord Jesus Christ be with you all. Amen.

What is the future of satan and his evil forces?

Revelation 12

⁷ And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,

⁸ And **prevailed not**; neither was their place found any more in heaven.

⁹ **And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.**

¹⁰ And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.

¹¹ And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

¹² Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, **because he knoweth that he hath but a short time.**

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³ And **cast him into the bottomless pit, and shut him up, and set a seal upon him**, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.

⁷ And when the thousand years are expired, Satan shall be loosed out of his prison,

⁸ And shall go out to deceive the nations which are in the four quarters of the earth, Gog, and Magog, to gather them together to battle: the number of whom is as the sand of the sea.

⁹ And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them.

¹⁰ **And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.**

Who is satan?

Ezekiel 28

¹² Thus saith the Lord God; Thou sealest up the sum, **full of wisdom, and perfect in beauty.**

¹³ **Thou hast been in Eden the garden of God;** every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that **thou wast created.**

¹⁴ Thou art the **anointed cherub** that covereth; and **I have set thee so:** thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire.

¹⁵ Thou wast perfect in thy ways from the day that thou wast created, **till iniquity**

was found in thee.

¹⁶ By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and **I will destroy thee, O covering cherub**, from the midst of the stones of fire.

¹⁷ **Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness:** I will cast thee to the ground, I will lay thee before kings, that they may behold thee.

¹⁸ Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick; therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee.

¹⁹ All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more.

Isaiah 14

¹² **How art thou fallen from heaven, O Lucifer, son of the morning!** how art thou cut down to the ground, which didst weaken the nations!

¹³ For **thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God:** I will sit also upon the mount of the congregation, in the sides of the north:

¹⁴ I will ascend above the heights of the clouds; **I will be like the most High.**

¹⁵ **Yet thou shalt be brought down to hell, to the sides of the pit.**

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.***

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?