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

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.***

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.