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.***

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