

## FREE FROM DEPRESSION

(2 Cor. 4:16)

### Introduction:

1. Webster's New World Dictionary defines depression as: *low spirits; dejection; a condition marked by hopelessness, and self-doubt.*
2. The Christian is free from depression! We rejoice in our Lord! We have hope like an anchor, sure and steadfast! We walk in faith, not doubt! Or at least we ought to.
3. Let us consider how our Lord has freed His people from depression by considering the commands/principles, the instruction, and the goal.

### Discussion:

#### **I. The Command/Principle.**

- A. "Let not your heart be troubled" (John 14:1) in conjunction with "Why are you troubled? And why do doubts arise in your hearts" (Luke 24:38)?
- B. "And these things we write to you that your joy may be filled" (1 John 1:4) in conjunction with "These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God (1 John 5:13).
- C. The Philippian letter: written from prison and yet in 4 short chapters, Paul writes of joy 5X and rejoicing 12x.
- D. "Therefore we do not lose heart" (2 Cor. 4:16).

#### **II. The Instruction.**

- A. John 14:1 in context.
  1. Jesus' prophecy (John 13:18, 19; 10:17, 18; 8:21; 7:33; and 6 = Matt. 16).
  2. Jesus' promise (John 14:2-11 = Heb. 6:18).
  3. Jesus' provision (John 14:15-18, 26; 16:7-13).
- B. 2 Cor. 4:16 in context.
  1. Paul began the chapter with a reference to two things he had received from God: his ministry and mercy. He wrote that this enabled him to "not lose heart" (4:1).
  2. Paul wrote 4:1 after explaining the hope Christians have (3:12) and the transformation that is taking place in us unto that hope (3:18).
  3. Paul preceded his statement about not losing heart by reminding his audience of the fact of Jesus' resurrection and some eternal truths about God and His people (4:13-15; v13 = Ps. 116:10).

#### **III. The Goal.**

- A. Jesus came into the world to free us from darkness and hopelessness (John 1:4, 9; cp. Col. 1:13). When He returned to heaven he left us to be the light in His name (Matt. 5:14-16).
- B. Jesus came to forge our faith into a hope like an anchor (Heb. 6:19).
- C. Our walk is to be a Christ-like one (Rom. 8:29; Heb. 12:1, 2; Col. 3:1-4; Rev. 21, 22).

### Conclusion:

1. Depression can be, in some cases, a chemical imbalance in need of medical attention. But otherwise, depression is a mind-set that can be treated/eliminated by truth, hope, and brethren.
2. This is similar to what we read in Ps. 1 = Happy is the man who meditates on God's word (truth unto hope) and does not hang around with the ungodly/sinner/scornful (proper brethren).
3. Invitation.

## MORE ON "FREE FROM DEPRESSION"

1. There is a truth taught in the sports world: where your eyes are focused there you will be.
  - A. In baseball one must keep their eyes on the ball in order to hit it, one must watch the ball into one's mitt to catch it, and one must watch the catcher's mitt in order to hit the target.
  - B. In football one must keep their heads up or one will end up in the dirt.
  - C. This truth relates to our state of mind or spirit. Consider...
    1. Col. 3:1-4, ff.
    2. Phil. 4:4-13.
    3. 1 Thess. 4:13-18.
  
2. Consider THE sermon of the Bible.
  1. Point number 1 = Remember all that God has done for you.
  2. Remember how you failed God, despite all He had done for you.
  3. Remember that God forgave you and offers you more than before.
  4. Come and get it (Matt. 11:28-30; Rev. 22)!!!!
  
3. God has given us the medicine to combat depression.
  1. Low self-esteem is a cause of depression, but God explains we are children of the King, begotten by the King, loved by the King who gave His life for us, and with an inheritance reserved for us from the King!!
  2. Loneliness is a cause of depression, but God has given us fellowship with Him (John 14:17, 23) and with His saints (1 Pet. 2:9, 10; Heb. 10:19-25)!!
  3. Our sin/mistakes can be a cause of depression, but God has provided a means to forgive them and REMEMBER THEM NO MORE (Jer. 31:31-34)!!!!
  4. Confusion can be a cause of depression, but God is not a God of confusion (1 Cor. 14:33). He has provided all we need unto life and godliness (2 Pet. 1:2-11).
  5. Chemical imbalances can cause depression, but God has provided us with a universe that can be understood, and treatment for chemical imbalance is available.
  
4. Consider the words of our Lord in Luke 19:40 and what we can take from it today. Such good has been done for us and offered to us, that we should rejoice and not be dispirited.