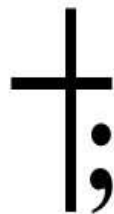


GOD'S HELPING
HAND WITH



DEPRESSION



Joseph J Siegel

DEPRESSION

“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden is to say, “My tooth is aching,” then to say, “My heart is broken.”

C.S. Lewis

It's normal to feel down once in a while, but if you're sad most of the time and it affects your daily life, you may have clinical depression. It's a condition you can treat with medicine, talking to a therapist, and changes to your lifestyle.

There are many different types of depression. Events in your life cause some, and chemical changes in your brain cause others.

Whatever the cause, your first step is to let your doctor know how you're feeling. They may refer you to a mental health specialist to help figure out the type of depression you have. This diagnosis is important in deciding the right treatment for you. Types of depressions are on the next page.

Major Depression...*One is depressed most of the time for most days of the week.*

Anxious Distress...*One feels tense and restless most days and has trouble concentrating. You are worried that something awful will happen over which you have no control.*

Melancholy...*One has sad feelings most days and has no interest in things you used to love to do.*

Agitated...*One is uneasy most of the time, talks a lot, fidgets, and acts impulsively.*

Persistent Depressive Disorder...*One has depression that is constant, lasting two or more years.*

Bipolar Disorder...*One has moody episodes that range from extreme lows to extreme highs.*

Seasonal Affective Disorder...*Depression that usually occurs during the winter months due to a lack of sunlight.*

Psychotic Disorder...*One experiences hallucinations, delusions, and paranoia episodes.*

Peripartum / Postpartum Depression...*Depression that occurs in women after childbirth.*

Premenstrual Dysphoric Disorder...*Depression that occurs in women during their menstrual cycle.*

Situational Depression...*Depression that occurs when a person is going through a stressful time in life.*

Atypical Depression ... *Describes a reoccurring pattern of depressive symptoms.*

Treatment Resistant Depression... *Depression that is difficult to treat usually due to some type of underlying health condition*

For a complete understanding of these types of depression and treatments please visit [WebMD](https://www.webmd.com/depression/guide/depression-types). Copy link address and paste into your Browser.
<https://www.webmd.com/depression/guide/depression-types>

There are 15 encouraging Verses in The Bible to encourage you when you are dealing with depression.

Deuteronomy 31:8

⁸The Lord himself will go ahead of you. He will be with you. He will not abandon you, and he will not forsake you. Do not be afraid and do not be overwhelmed.

The Good News: *While depression can make you feel lonely, God is still there with you. And he's not going anywhere.*

Philippians 4:8

- ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if anything is excellent, and if anything is praiseworthy, think about these things.

The Good News: *Although there may be difficult or dark times, taking time to be grateful and reflect on things that are good can lift your spirits.*

Philippians 4:13

- I can do all things through Christ, who strengthens me.

The Good News: *Depression can zap your energy and make it feel almost impossible to accomplish even simple tasks. But this verse reminds you that Christ is always there for you. Through him, you can find the will to get through even the darkest times.*

John 16:33

- "I have told you these things, so that you may have peace in me. In this world you are going to have trouble. But be courageous! I have overcome the world."

The Good News: *Jesus knows that you will experience difficult times. These comforting words can be a source of strength as you reflect on His love for all of us. Through faith, you can overcome the obstacles in your life.*

Jeremiah 29:11

- For I know the plans I have for you, declares the Lord, plans to give you peace, not disaster, plans to give you hope and a future.

The Good News: *There are better times ahead. God has a plan for you, even if your current circumstances are proving difficult.*

Matthew 11:28-30

- “Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

The Good News: *Feelings of depression can be a heavy burden, and many people make the mistake of thinking it's a burden they must carry alone. This verse serves as a reminder that Jesus is there to lift your burdens and provide relief.*

Proverbs 3:5-8

- Trust in the Lord with all your heart, and do not rely on your own understanding. In all your ways acknowledge him, and he will make your paths straight. Do not consider yourself wise. Fear the Lord and turn away from evil. Then your body will be healed, and your bones will be refreshed.

The Good News: *When you're struggling with depression, it can be difficult to understand why you're feeling certain emotions. This verse reminds you that the way forward is by trusting the Lord to provide guidance. Things will look up.*

1 Peter 5:7

- Cast all your anxiety on him, because he cares for you.

The Good News: *Depression and anxiety can be isolating experiences. But Jesus is there, and He cares about you. You can turn to Him for help with whatever you may be feeling.*

Psalm 23:4

- Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

The Good News: *This verse serves as a reminder of God's love for us. Even in dark times when you're confronting difficult situations, He is walking alongside you and guiding you on a righteous path forward.*

Psalm 9:9

- The Lord will be a refuge for those who have been crushed, a refuge for times of trouble.

The Good News: *Depression can make you feel as though you're weighed down. But no matter how troubled you feel, this verse reminds you that the Lord is always there to support you.*

Matthew 6:33-34

- But seek first the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will care for itself. Each day has enough trouble of its own.

The Good News: *If you place God first in your life and focus on him, he can help you find what you need to overcome all obstacles.*

Joshua 1:9

- Have I not commanded you? Be strong and courageous. Do not be terrified and do not be overwhelmed, because the Lord your God is with you wherever you go.

The Good News: *Through previous struggles in your life, God has always been there. Even if you're struggling with depression and other mental health concerns, God will continue to be by your side. This verse can empower you, and it reminds you that you are not alone.*

Psalms 40: 1-2

- I waited and waited for the Lord. Then he turned to me and heard my cry. Then he pulled me up from the deadly quicksand, from the mud and muck.

The Good News: *The vivid imagery in this verse is especially relevant for those dealing with depression. It truly can feel like you're in a pit sometimes. Through faith in God, you can find stability once again.*

Isaiah 41:10

- Do not fear, for I am with you. Do not be overwhelmed, for I am your God. I will strengthen you. Yes, I will help you. I will uphold you with my righteous right hand.

The Good News: *Dealing with depression can be scary. But this verse reminds you that with God on your side, there's nothing to fear. You'll find the strength you need to weather the storm by placing your trust in him.*

Psalm 34:18

- The Lord is close to the brokenhearted. He saves those whose spirits have been crushed.

The Good News: *Even when you're in low spirits, God still loves you.*

Prayer

Dear Lord,

I come to You today to ask for help. You are my everything. Lord, I need rest. I give You, my worry. Take it, Lord. I accept Your peace, love, and understanding. Help me to turn to You and not to myself. Help me to stop doing and start trusting. Help me to wait on Your answers, because I know that they are good. Give me wisdom, hope, and peace. Thank you, Lord, for Your patience and grace. I love You, and I know You love me so much more than I could ever imagine.

Amen.

HYMN:

HOPE OF THE WORLD

1 Hope of the world, thou Christ of great compassion, speak to our fearful hearts by conflict rent. Save us, thy people, from consuming passion, who by our own false hopes and aims are spent.

2 Hope of the world, God's gift from highest heaven, bringing to hungry souls the bread of life, still let thy Spirit unto us be given to heal earth's wounds and end her bitter strife.

3 Hope of the world, afoot on dusty highways, showing to wand'ring souls the path of light walk thou beside us, lest the tempting byways lure us away from thee to endless night.

4 Hope of the world, who by thy cross didst save us from death and dark despair, from sin and guilt; we render back the love thy mercy gave us; take thou our lives and use them as thou wilt.

5 Hope of the world, O Christ o'er death victorious who by this sign didst conquer grief and pain, we would be faithful to thy gospel glorious: Thou art our Lord! Thou dost forever reign!

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