

## Asking For A Friend Part 2: How do you overcome depression?

*Depression – A mood disorder characterized by extra-sadness, poor concentration, sleep problems, loss of appetite, and feelings of guilt, helplessness, and hopelessness.*

Your **illness** is not your **identity** and it's okay **not to be okay**.

*"We were never designed for sedentary, indoor, socially isolated, fast-food laden, sleep-deprived, frenzied pace of modern life." – Stephen Ilardi, Author, The Depression Cure*

- ✓ **Cell phone and social media use.**
- ✓ **Lack of identity.**
- ✓ **Inability to process pain.**
- ✓ **Peer to peer mentoring.**
- ✓ **Narcissistic culture.**

Suicide is a **permanent** irreversible attempt to solve a **temporary** problem.

You **don't** have to die to end your **pain**.

### **1-800-273-TALK (8255) National Suicide Prevention Lifeline**

*"I have been **deprived** of peace; I have **forgotten** what prosperity is. So I say, "My splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my **soul is downcast within me.**" Lamentations 3:17-20 NIV*

*"We do not want you to be **uninformed**, brothers and sisters, about the troubles we experienced in the province of Asia. We were under **great pressure**, far beyond our ability to endure, so that we **despaired of life** itself." 2 Corinthians 1:8 NIV*

*"Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." **Elijah was afraid and ran for his life**. When he came to Beersheba in Judah, **he left his servant there**, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and **prayed that he might die**. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors.'" 1 Kings 19:1-4 NIV*

### **Faulty thinking.**

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will **experience God's peace**, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 NLT*

## Isolation.

*"A person standing alone can be attacked and defeated, but two can **stand back-to-back and conquer**. Three are even better, for a triple-braided cord is not easily broken." Ecclesiastes 4:12 NLT*

## Led by feelings.

*"And you will know the **truth**, and the **truth** will set you free." John 8:32 NLT*

## Comparison.

*"Obviously, I'm not trying to win the **approval** of people, but of God. If **pleasing** people were my goal, I would not be Christ's servant." Galatians 1:10 NLT*

*"Then he lay down under the bush and **fell asleep**. All at once an **angel touched him** and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The **angel** of the Lord **came back** a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank."  
1 Kings 19:5-19*

## 1. Get healthy physically.

*"In vain you rise early and stay up late, toiling for food to eat— for he grants **sleep** to those he loves."  
Psalm 127:2 NIV*

## 2. Pour my heart out to God.

*"**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**, for I am gentle and humble in heart, and you will find rest for your souls."  
Matthew 11:28-29 NIV*

## 3. Experience the power and presence of God.

*"He says, "Be still, and know that I am God." Psalm 46:10 NIV*

## 4. Let God give me a new purpose and direction for my life.

*"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that **far outweighs them all**. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:16-18 NIV*