

How To Deal With Depression

Psalm 40:2 “He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.”

This is the first real winter we've had in Missouri for years. First it was pretty, but now it's pretty depressing. There's nothing fun about ice-piercing wind, back-road ice, and a sun that doesn't break midday. This compounded with the economy, is a recipe for the blues. I wish I could say that I've never struggled with depression, but that would be a lie. One day this week, my emotions went rock-bottom, and this is how I battled it:

1) Read 1 Kings 19. Super-Saint Elijah fell into depression, not because of bad things, but because he overloaded his spiritual plate with too many good things. He didn't know the truth of the situation, and was clinging to a lie (look at when he says, "I'm the only one left"). He handled over 850 false prophets, but one Jezebel put him to flight.

We all have those conditions where if we don't watch ourselves, the emotional breaker will blow. God's remedy was to bathe Elijah's heart in his presence and truth. The same works for us. Remember, that even "good" activities can turn into a spiritual battering-ram that can break your heart. Ask God to help you balance the time you spend serving, and the time you let God pour into your life.

2) Don't think you're so tough that you don't need to heed physical signs. Alexander the Great conquered the world, but drank himself to death because of depression. There's a phrase that uses the word "HALT." It means, if I'm Hungry, Angry, Lonely, and/or Tired, I should call on a friend. There's no such thing as a successful solo-saint.

3) Proper diet and exercise. Get plenty of natural sunlight and heaps of spiritual SONlight in Jesus.