**Freedom from Depression**

**Introduction:**

Everyone occasionally feels sad or blue, but these feelings are usually short-lived and pass within a couple of days. But when a person is depress it interfere with daily life and causes pain to them and those around them.

* An Estimated **121 million people** around the world currently suffer from some form of depression
* Women are twice more likely to have depression, and symptoms of depression than men of the same age.
* Individuals that are more likely to suffer from depression

**Unemployed & Recently Divorce**

**symptoms of depression include:**

* Persistent sadness, anxious, or "empty" feelings
* Feelings of hopelessness or pessimism
* Feelings of guilt, worthlessness, or helplessness
* Touchiness, restlessness
* Loss of interest in activities or hobbies once pleasurable, including sex
* Fatigue and decreased energy
* Difficulty concentrating, remembering details, and making decisions
* Insomnia, early-morning wakefulness, or excessive sleeping
* Overeating, or appetite loss
* Thoughts of suicide, suicide attempts

**How the medical field deal’s with depression**

**Antidepressant: Zolaft - Prozac**

**Common side effects include:**

|  |  |
| --- | --- |
| * Nausea
* Insomnia
* Dizziness
* Weight gain or loss
* Tremors
* Sweating
 | * Anxiety and restlessness
* Decreased sex drive
* Drowsiness or fatigue
* Dry mouth
* Diarrhea or constipation
* Headaches
* Suicidal thoughts
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**Now lets turn our attention to the word of God and see how you can find freedom from depression**

**Job speaks of his anguish**

**Job 30:16 (NLT)**
16 "And now my heart is broken. **Depression haunts my days**.

**Prayer of deliverance and guidance by KingDavid**

**Psalms 143:7-8 (NLT)**
7 Come quickly, LORD, and answer me, for **my depression deepens**. Don't turn away from me, or I will die.
8 Let me hear of your **unfailing love** to me in the morning, for **I am trusting you**. Show me **where to walk**, for I have come to you in prayer.

**Proverbs 15:13 (GW)**
13 A joyful heart makes a cheerful face, but with a **heartache comes depression**.

**Proverbs 17:22 (GW)**
22 A joyful heart is good medicine, but **depression drains one's strength**.

**Proverbs 12:25 (NKJV)**
25 **Anxiety in the heart of man causes depression**, But a good word makes it glad.

**Acts 10:38 (NKJV)**
38 how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were **oppressed by the devil**, for God was with Him.

**Acts 10:38 (Darby)**
 “ healing all that were **under the power of the devil** “

**Acts 10:38 (MSG)**
“ healing everyone who was **beaten down by the Devil**.

**Acts 10:38 (J.B. Philips)**

 “ Healing all who **suffered from the devil’s power** “

**Ephesians 6:11-12 (NLT)**
11 Put on all of God's armor so that you will be able to stand firm against all strategies and tricks of the Devil.
12 For we are not **fighting** against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms.

**1 Timothy 6:12 (NIV)**
12 **Fight the good fight** of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.

**2 Timothy 2:3-4 (NIV)**
3 Endure hardship with us like a **good soldier** of Christ Jesus.
4 No one **serving as a soldier** gets involved in civilian affairs--he wants to please his commanding officer.

**2 Timothy 4:6-7 (NIV)**
6 For I am already being poured out like a drink offering, and the time has come for my departure.
7 **I have fought** the good fight, **I have finished** the race, **I have kept** the faith.

**1 Peter 5:8 (NLT)**
8 Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour.

**Luke 10:19 (NIV)**
19 I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

**Mark 16:17 (NIV)**
17 And these signs will accompany those who believe: In my name they will **drive out demons**;

**Philip ministry in Samaria**

**Acts 8:7 (NLT)**
7 Many evil spirits were **cast out**, screaming as they left their **victims**. And many who had been paralyzed or lame were healed.

Closing: Unbeliever - Believer

**2 Corinthians 3:17 (NIV)**
17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.