

## EMPLOYERS FOR CHRIST: WINNING THE BATTLE AGAINST DEPRESSION (1)

Definition: Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

### KEY POINT: THE LORD IS ALWAYS CLOSE IN YOUR WORST MOMENTS

**Dipsalme 34:18 / AmaHubo 34:18 / Psalm 34:18** “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

### KEY POINT: TAKE ALL YOUR BURDENS TO GOD AND FIND REST WITH HIM

**Mateo 11:28 / NgokukaMathewu 11:28 / Matthew 11:28** “Come to me, all you who are weary and burdened, and I will give you rest.”

### KEY POINT: GOD WANTS TO PROVIDE YOU WITH HOPE AND A WONDERFUL FUTURE

**Jeremia 29:11 / Ujeremiya 29:11 / Jeremiah 29:11** “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

### KEY POINT: GOD IS YOUR STRENGTH IN DIFFICULT TIMES

**Jesaya 41:10 / Uisaya 41:10 / Isaiah 41:10** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

### KEY POINT: ALWAYS CONTINUE PRAYING TO GOD ABOUT YOUR NEEDS

**Bafilipi 4:6-7 / KwabaseFilipi 4:6-7 / Philippians 4:6-7** “6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

### KEY POINT: PRACTICAL WAYS TO WIN THE BATTLE AGAINST DEPRESSION

1. Make sure you spend lots of time outside in the sunlight
2. Get some exercise and sleep
3. Socialise with good friends and family
4. Surround yourself with positive people
5. Watch your thinking and focus on positive thoughts

#### REMEMBER:

1. The Lord is always close in your worst moments
2. Take all your burdens to God and find rest with Him
3. God wants to provide you with hope and a wonderful future
4. God is your strength in difficult times
5. Always continue praying to God about your needs
6. Practical ways to win the battle against depression