

Mental Health Awareness Month

Pastor Donald Volz - Crossroads Church

Week Three-9/17/2023

Battling Depression

We are in a major mental health crisis; an epidemic of depression.

Suicide has risen by 16% over the last decade. Suicide was the twelfth leading cause of death overall in the United States, claiming the lives of over 45,900 people. Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576).

People in the Bible struggled with depression.

Elijah after the great showdown with the prophets of Baal.

1 Kings 19:4 ESV *‘But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.”’*

David just weary from his battles.

Psalms 6:6-7 ESV *“6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. 7 My eye wastes away because of grief; it grows weak because of all my foes.”*

John asks from prison-

Luke 7:18-19 ESV *‘18 The disciples of John reported all these things to him. And John, 19 calling two of his disciples to him, sent them to the Lord, saying, “Are you the one who is to come, or shall we look for another?”’*

You are not alone. You do not have to suffer in silence. Help is available. (Recognize that traumatic events have a major impact. It’s normal to grieve over loss; like death, divorce, and health issues).

What are some causes of depression?

*Anxiety

Proverbs 12:25 ESV *“Anxiety in a man’s heart weighs him down, but a good word makes him glad.”*

If you battle anxiety, depression usually follows, and they can feed off of each other. That’s the bad news, the good news is that some of the strategies to help with one, helps with the other. Learn to deal with your

anxiety in a healthy and Biblical way. God will lead you to a life of peace. Pray first. Stay positive (faith not fear). Be grateful.

***Trauma**

1 Samuel 30:6 ESV *“And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened (encouraged KJV) himself in the Lord his God.”*

David Vetter, a young boy from Texas, lived out in the real world - in a plastic bubble. Nicknamed "Bubble Boy," David was born in 1971 with severe combined immunodeficiency (SCID), and was forced to live in a specially constructed sterile plastic bubble from birth until he died at age 12. They made a movie starring John Travolta in 1976. Our faith is not like a spiritual bubble that protects us from pain, physical, mental or emotional. We live in a real world with real problems that can leave us with real trauma.

*Pray -first. * And like David:encourage yourself -second. *Find someone to talk to- third.

***Spiritual Battle**

Luke 4:17-19 NIV *‘17 and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: 18 “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, 19 to proclaim the year of the Lord’s favor.”’*

Not every unsettling thought or situation is a caused by a spiritual attack, the enemy will use it for harm.

Ephesians 6:12 NIV *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”*

There is undeniable evil in this world. A secular culture cannot even begin to determine the source of darkness in the hearts and minds of men.

Ephesians 6:11 NIV *“Put on the full armor of God, so that you can take your stand against the devil’s schemes.”*

Take your stand. Resist the devil. Take control of your thoughts by allowing your mind to be led by the Spirit.

Romans 8:6 NIV *“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”*