



November 02, 2008

What To Do When You Feel Depressed

(How To Get Up When You Feel Down)

(SERIES: Mastering My Emotional Monsters: 05 of 08)
by Dr. David Foster

“Think how you have instructed many, how you have strengthened feeble hands. Your words have supported those who stumbled; you have strengthened faltering knees. But now trouble comes to you, **and you are discouraged; it strikes you, and you are dismayed.**”
(Job 4:3-5)

3 Things Depression Feels Like

Depression feels like a **deep hole**.

Depression feels like a **dark place**.

Depression feels like a **permanent condition**.

How to Get Depressed

Internalize your **hurts**.

Idolize **glamour** and **glory**.

Rationalize your **choices**.

Specialize in **whining**.

"Do you see a man wise in his own eyes? There is more hope for a fool than for him." (Prov 26:12)

3 Ways To Get Up

Connect to God as a **conscious person**.

"We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts **we felt the sentence of death**. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and **he will deliver us. On him we have set our hope** that he will continue to deliver us," (2 Cor 1:8-10)

Cultivate **below the surface** relationships

"But you must help us too by praying for us. For much thanks and praise will go to God from you who see his wonderful answers to your prayers for our safety!" (2 Cor 1:11)

Commit to a **noble cause** that demands your all.

"But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of Him. For we are to God the aroma of Christ among those who are being saved and those who are perishing. To the one we are the smell of death; to the other, the fragrance of life. And who is equal to such a task? Unlike so many, we do not peddle the word of God for profit. **On the contrary, in Christ we speak before God with sincerity, like men sent from God.**" (2 Co. 2:14)