

# *Surviving the Holidays*

Dealing with  
Depression

John 11:17-20

<sup>17</sup> So when Jesus came, He found that he had already been in the tomb four days. <sup>18</sup> Now Bethany was near Jerusalem, about two miles away. <sup>19</sup> And many of the Jews had joined the women around Martha and Mary, to comfort them concerning their brother.

<sup>20</sup> Now Martha, as soon as she heard that Jesus was coming, went and met Him, but Mary was sitting in the house.

# I Kings 19:1-8

<sup>1</sup> And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword.

<sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, “So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time.”

<sup>3</sup> And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there.

<sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I *am* no better than my fathers!"

<sup>5</sup> Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." <sup>6</sup> Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.

<sup>7</sup> And the angel of the LORD came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.”

<sup>8</sup> So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

Everyone wrestles with  
depressed moments in life

# 3 Factors of Depression

Intensity

Duration

Frequency

# Common Symptoms

Lack of  
motivation

Difficulty  
sleeping/getting  
up

Loss of interest

Loss of appetite

Irritability

Overwhelmed

Worthlessness

Hopelessness

Guilt

Suicidal thoughts

# Unhealthy Ways of Coping

Isolation /  
Withdrawal  
Comfort foods  
Alcohol / Drugs  
Over spending  
Sexuality

Hours of TV /  
video games  
Pornographic  
materials  
Sleeping  
Avoiding God

# Situational Triggers

Death/Illness of a loved one

Divorce/Breakup

Relocation

Stress/Loss of job

Family Drama

# Situational Triggers

Sense of failure

Rejection/Abandonment

Fear of future

Detached from God

Disappointment → Depression

# 1. Renewal of your mind

Romans 12:1,2

<sup>1</sup> I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.*

<sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Think → Feel → Behave

# Renewal

1. Taking off of the old
2. Replacing with something new
3. Replacing with something new

Ephesians 4:17-24

<sup>17</sup> This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, <sup>18</sup> having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;

<sup>19</sup> who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

<sup>20</sup> But you have not so learned Christ, <sup>21</sup> if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:

<sup>22</sup> that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, <sup>23</sup> and be renewed in the spirit of your mind, <sup>24</sup> and that you put on the new man which was created according to God, in true righteousness and holiness.

3 Key Areas of  
Thoughts/Beliefs that  
Perpetuate Depression

# About Yourself

1. Taking complete blame for something you are not completely responsible for
2. Identifying yourself with your shortcomings

# About Your Situation

1. Magnifying the negatives
2. Assuming people are against you
3. Emotional reasoning

# About Your Future

1. Always-Never syndrome
2. Fortune telling

