



Sadness

God's word can help you with depression. Sadly, this disorder is now out of order in our world. More than likely, you know one or more people suffering from depression. Would you like to help them? Perhaps, you are depressed as well. Would you like help from God's word? If you've answered 'yes' to either question, this teaching is for you.

According to the DSM-5, a manual used to diagnose mental disorders, depression occurs when you have at least five of the following symptoms at the same time:

- A depressed mood during most of the day, particularly in



the morning

- Fatigue or loss of energy almost every day
- Feelings of worthlessness or guilt almost every day
- Impaired concentration, indecisiveness
- Insomnia (an inability to sleep) or hypersomnia (excessive sleeping) almost every day
- Markedly diminished interest or pleasure in almost all activities nearly every day
- Recurring thoughts of death or suicide (not just fearing death)

- A sense of restlessness or being slowed down
- Significant weight loss or weight gain

I visited with an experienced counselor and learned that unrelenting sadness can lead to depression. The basis of my teaching is exactly that. I see sadness as the bitter filling between two pieces of cookie. There's no sweetener in any of this 'cookie', but it does have three parts. One piece of cookie is depression; the other is an unsatisfied desire; and the filling is sadness.

When you long for something, but cannot receive it, sadness

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may, and usually is a result. If you needed a car, but were unable to afford one, you could easily become sad. If you were without the car long enough, perhaps causing a serious disruption in a much needed job search, your emotions could plummet into depression. Even though over simplified, you can understand my point. *If you needed money, but had none, thus unable to buy food, you could become upset and even depressed if the situation was sufficiently prolonged.* If you wanted your body to look a certain way and exercised for years, but were unable to achieve that ‘perfect image’ of yourself, you could easily become sad when viewing other bodies similar to your dream goal. Be careful. Depression might want to set in. Whether your problem is

transportation, financial, vanity, or other, if you don’t address your sadness, you could end up becoming depressed.

Let me tell you a story about a woman whose womb had been shut up by God.

(1 Sam 1:5) But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb.

Nonetheless, this woman, Hannah, wanted a child. Her longing for a child wrought sadness in her.

(1 Sam 1:7) And as he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat.

Her sadness was beyond normal pain and suffering.

(1 Sam 1:10) And she was in bitterness of soul, and prayed unto the LORD, and wept sore.

Her soul was in the state of bitterness, and, even while praying, she cried and cried.

(1 Sam 1:15) And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD.

The man of God, Eli, thought she was drunken because she prayed without speaking. Rather, she only moved her lips. But, she told him what she was doing—pouring out her soul before the Lord.

Something fantastic took place at that confrontational meeting.

(1 Sam 1:17) Then Eli
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answered and said, Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him.

Eli told her that God would grant her a child!

Guess what happened next?

(1 Sam 1:18) And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more sad.

Her sadness disappeared!

What a lesson to us! We must pray, pour out our souls, to God. What do you long for? What do you need? Give it a try. Ask God and he will answer your prayer.

(1 Sam 1:20) Wherefore it came to pass, when the time was come about after Hannah

had conceived, that she bare a son, and called his name Samuel, saying, Because I have asked him of the LORD.

The first key to deliverance from depression is to identify your longing. Determine if it is available to receive it by studying God's word. Then pray.

Determine if your longing is something that you should have.

If it isn't, then make a choice to stop longing for it. Stop thinking about it. Stop yearning for it.

Stop looking and listening to things that trigger the longing.

Walk away from it and never turn back. *If you are being harassed by devils,*

bind them in the name of Jesus Christ and command them away.

Get serious about serving the lord Jesus Christ. Following this little exercise will put you light years ahead of the pack. You will be delivered.

Don't be afraid to identify your sadness; don't be afraid to admit depression. *Medicine isn't always the best approach; it is often the worst.* If you have your wits about you, you have the ability to reason and choose. Reason out the longing by identifying it; choose a new course in life by proper associations.

Nehemiah was sad. He longed for Jerusalem to be rebuilt.

(Neh 2:2-4) Wherefore the king [Artaxerxes] said unto me [Nehemiah], Why is thy countenance sad, seeing thou art not sick? this is nothing else but sorrow of heart. Then I was very sore afraid, {3} And said unto the king, Let the king live for ever: why should not my countenance be sad, when the city, the place of my fathers' sepulchres,

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lieth waste, and the gates thereof are consumed with fire? {4} Then the king said unto me, For what dost thou make request? So I prayed to the God of heaven.

Nehemiah had been given an opportunity to present the reason of his sadness to the king, the main person who could help him. Earlier in the account, Nehemiah prayed to be able to help the Jews and Jerusalem.

(Neh 2:5-6) And I [Nehemiah] said unto the king, If it please the king, and if thy servant have found favour in thy sight, that thou wouldest send me unto Judah, unto the city of my fathers' sepulchres, that I [Nehemiah] may build it. {6} And the king [Artazerzes] said unto me, (the queen also sitting by him,) For how long shall thy journey be? and when wilt thou return? So

it pleased the king to send me; and I set him a time.

What a fantastic story of God's delivering hand in operation. Nehemiah longed to help rebuild Jerusalem, he had prayed, he then was able to voice his longing due to his sadness, and finally, God worked it out so that he could travel to Judah.

During the course of rebuilding, they were not without their adversaries.

(Neh 4:1-2) But it came to pass, that when Sanballat heard that we builded the wall, he was wroth, and took great indignation, and mocked the Jews. {2} And he spake before his brethren and the army of Samaria, and said, What do these feeble Jews? will they fortify themselves? will they sacrifice? will they make an end in a day? will they revive

the stones out of the heaps of the rubbish which are burned?

You will not be without yours. That's okay, though. It comes with the territory. Rest in God's care and allow him to work in your, and other's lives.

(Neh 4:6) So built we the wall; and all the wall was joined together unto the half thereof: for the people had a mind to work.

Have a mind to work!

If you are going to satisfy your longing, make sure it is a godly longing, and then have a mind to work. Work the situation until you can't work anymore. Don't be feeble even though you feel feeble because of so many previous defeats. Set your mind firmly on the truth that God will answer your prayer and honor your actions (believing).

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(Neh 4:7-9) But it came to pass, that when Sanballat, and Tobiah, and the Arabians, and the Ammonites, and the Ashdodites, heard that the walls of Jerusalem were made up, and that the breaches began to be stopped, then they were very wroth, {8} And conspired all of them together to come and to fight against Jerusalem, and to hinder it. {9} Nevertheless we made our prayer unto our God, and set a watch against them day and night, because of them.

Would you believe that you may have to set a watch? You can't let down your vigilance. If you do, the enemy can sneak in and wreak havoc. Pay attention to what you are doing, and to what is going on around you. Make wise choices and ask God for help when needed.

(Neh 4:15) And it came to

pass, when our enemies heard that it was known unto us, and God had brought their counsel to nought, that we returned all of us to the wall, every one unto his work.

God will bring the counsel of your enemies to naught. That's a promise. How long will you have to work on solving your problem?

(Neh 6:15) So the wall was finished in the twenty and fifth day of the month Elul, in fifty and two days.

It took them 52 days to rebuild the wall. They had to fight off the enemy, work, eat, sleep, etc... the entire time. It was probably scary, it was definitely difficult, but was it worth it? YES! Will it be worth it for you? YES! Then do it. Get serious about fixing something that has tormented you for a long time.

Identify your longing and determine if it is godly. If it is, take care of your sadness by prayer and action (believing). Resolved sadness removes depression. Develop a mind to work. Be ready to fight for your cause. Be ready to stand firm on your beliefs so that you can achieve your heart's desire. How long will it take to receive your desire? I don't know, but determine that you will be willing to stay the course, never turning back, until you receive. Once you receive your desire, your sadness will be removed and *the depression will vanish*. Then you won't need to use the list of symptoms any more. You'll be ready to bring deliverance to others by God's word.

Much love in Christ,

Jerry D. Brown