

## Depression - cont.

---

- A reality check (v. 18).

When we are depressed, or when we know of others who are depressed, we can use these same principles. What are we to do when someone we know is depressed? We can ...

- Focus on the facts, not just feelings.
- Not compare ourselves with others, but work on our own issues.
- Not accept false blame.
- Not exaggerate the negative, but focus on the good that is still left in our life.
- Get out and get active again doing what is good for our self and others.

When Christians today feel depressed, we need to know that God will give us help. James wrote that Elijah was a human being just like us (James 5:17). He experienced what we all go through from time-to-time. The next time you feel “down and out” remember, God “heals the broken hearted and binds up their wounds...” (Psalm 147:3), if you will let him.  
- Chris Reeves -

## - Scripture of the Week -

---

*“For everyone shall be salted with fire”  
- Mark 9:49 -*

These words of Jesus, found only in Mark, speak of the presence of persecution in the lives of his follows. Jesus’ followers, then and now, will be persecuted. But, the fire of persecution now will be easier to endure than the fire of hell later.

Warfield Blvd. church of Christ  
290 Warfield Blvd.  
Clarksville, TN 37043

Website  
wbcoc.org

Radio Program  
Sundays: 8:30 - 9:00 am  
WVWB FM 105.1 The Wolf

Assembly Times  
Sunday: 9:30 am, 10:30 am, 5 pm  
Wednesday: 7 pm

Everyone Is Welcome!  
For More Information Call  
(931) 647-1324

Published and Edited By  
Chris Reeves  
(615) 389-3250  
chrisreevesmail@gmail.com  
TheGoodTeacher.com

## THE WARFIELD BULLETIN

---

*March 31, 2024*



For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.  
- 2 Corinthians 10:3-4 -

# Defeating Depression

---

Depression is a common mental and emotional state among people. We all experience some form of depression from time-to-time, from mild to severe. Depression is when a person has thoughts that are “low” - a sense of low self-esteem, low energy, or loss of interest in normal activities.

Surprisingly, the Bible addresses depression. Many people may not know this. God recognizes that people get depressed and he actually reveals his word to help them. Here are two Bible passages that speak to the issue of depression:

*The righteous cried, and Jehovah heard,  
And delivered them out of all their troubles.  
Jehovah is nigh unto them that are of  
a broken heart, and saves such as are of  
a contrite spirit  
- Psalm 34:17-18 -*

*casting all your anxiety upon him, because  
he cares for you  
- 1 Peter 5:7 -*

Symptoms of depression range from mild to severe. And, there are three common causes of depression: 1) a major life change, 2) negative thinking, and 3) a chemical imbalance in the brain or body. Depression treatment

can include medicine, counseling (including biblical advice), and instruction in proper diet and exercise.

## Elijah: A Case Study in Depression

One Old Testament prophet of God named Elijah was a man who was known for getting depressed on one occasion. His preaching had been rejected by the false prophets, some people in Israel, King Ahab, and his wife Jezebel, and she wanted to kill him. Elijah fled for his life and he exhibited signs of depression.

When you look at the story in 1 Kings 19, you will see Elijah's condition that he was in with the problems that he faced. The things that we read here are similar to what a person goes through today who is suffering from depression. Take note that Elijah ...

- Experienced the trauma of rejection and someone wanting him dead (vv. 1-2).
- Feared for his life (vv. 3, 10, 14).
- Withdrew from others as a result of his troubles (vv. 3-4, 9).
- Desired death (v. 4).

- Thought he failed (v. 4).
- Was physically exhausted (vv. 5-8).
- Felt isolated from others (vv. 10, 14).

Also in this story, you can read about what God did and did not do with Elijah. Consider that God did not ...

- Condemn him for a lack of faith.
- Order him to “snap out of it”.
- Minimize his pain.
- Threaten to leave him.

What God did was meet the needs of a man who was troubled and depressed. God gave Elijah...

- A period of physical refreshment (vv. 5-8).
- A God to talk to (vv. 9-10).
- A fresh awareness of himself [God] (vv. 11-14).
- A new direction and activity (vv. 15-17). - continued