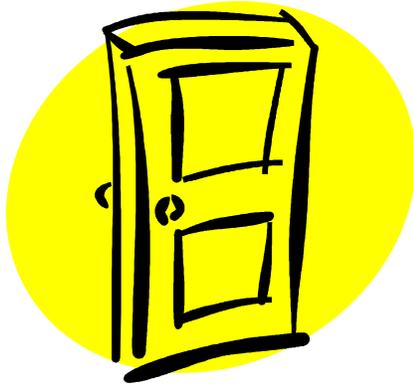


# SET FREE!

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Close Those Doors  
And Be  
Set Free  
From Depression

What does depression look like? It is typified by inactivity and difficulty in thinking clearly or concentrating. There can be an increase or decrease in appetite or in time sleeping.

It is marked by sorrow and sadness, even dejection and despair, remorse, regret and in its worse cases, suicidal tendencies. It's a terrible devil.

Depression is no respecter of persons. Sadly, it's just as common among Christians as among those without Christ.

The secular experts have learned much about depression. And, though they don't recognize the satanic roots of the problem, we shouldn't turn a deaf ear to what they have to say. Some valuable research has been done in identifying the emotional aspects of depression. But what they are blind to is the spiritual component of the problem.

Satan has only one goal in bringing depression to a believer. He wants to put out your light in this already darkened world. Satan desires to counter the joy of life with depression to try to stop us from reaching out with the love of God to others and to lose the zest for life that He desires for us to enjoy.

None of us are immune to this kind of attack. Depression occurs in a wide range of intensity from simple unhappiness to the kind of debilitating despair that tempts you to take your very life. Its scope is so broad that it touches everybody at one time or another.

Ultimately, Satan wants to destroy your life but he'll settle for just dimming your light a little and reducing your influence on his kingdom if he can. What we need to remember is that he only can **if you let him**.

I want to share with you three doorways through which this kind of demonic activity gains entrance into your life and how you can shut those doors and live set free from depression.



## Loneliness

One of the most common doors left open for the Devil of depression is the door of loneliness. Webster defines

loneliness as *a lack of companionship* but we know from the Bible that a lack of companionship has nothing to do with loneliness. God says in His Word that loneliness is a result of an awareness of your lack of fellowship with Him. Again, it's a result of an awareness of your lack of fellowship with Him.

We can never lose our position of fellowship. We are always in covenant relationship, or fellowship, as believers. But what I'm talking about here is your daily conversations, your interaction with your Heavenly Father.

Look at the last half of **Hebrews 13:5**: "I will never leave you nor forsake you."

There is never a moment in your life when loneliness should open the door to depression. If you feel like you are alone, your feelings are deceiving you because God hasn't left you. You may, however, have left off communicating with Him.

### What do I mean by that?

I mean that you've slacked off in your fellowship times with Him. You've stopped talking to and with Him on a regular basis. So you are feeling lonely on the inside.

Have you ever felt like that -- lonely on the inside? That's because your spirit feels lonely. That's one of the greatest causes of loneliness in the experience of mankind. Being lonely in your spirit. It's a hollowness that nothing can fill. That's what drives people to do

such strange things and to compromise so many values, anything that will try to fulfill that loneliness. Why do you think young men join such violent causes, why do young girls give themselves over to compromise? It's because they are lonely on the inside.

Jesus spoke about the matter of being alone in:

**John 8:16** .... for I am not alone, but I am with the Father who sent Me.

**Now skip down to verses 28 and 29 and you'll see the key to not being alone:**

**28** Then Jesus said to them, "When you lift up the Son of Man, then you will know that I am He, and that I do nothing of Myself; but as My Father taught Me, I speak these things. **29** And He who sent Me is with Me. The Father has not left Me alone, for I always do those things that please Him."

If you have a sense of loneliness in your life, it can be an indication that you are not doing those things "that please" God.

**Genesis 2:18** "And the LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him."

You might be thinking, didn't God say that man should not be alone, so he made Eve? In that case shouldn't marriage be a cure for loneliness?

A lot of people have gotten married to the wrong person just so they won't be alone.

We just read where Jesus said that He was not alone because He always did what pleased the Father. So God couldn't be saying that Adam was alone because he didn't have Eve. Adam was lonely because he wasn't doing those

things, which pleased God. Eve wasn't sent just for companionship but rather to help Adam to get back in fellowship with God.

True, Adam had not committed the sin of partaking of the Tree of the Knowledge of Good and Evil just yet, but he was in disobedience in another way. A sin of omission.

**In Genesis 2:16-17** 16 And the LORD God **commanded** the man, saying, "Of **every tree** of the garden you may freely eat; 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

God "commanded" Adam to eat of 'every tree' in the garden other than of course the Tree of The Knowledge of Good and Evil. In verse 9 you'll read that the Tree of Life was in the midst of the garden and in chapter 3, after Adam fell, God sent him out of the garden "lest he put forth his hand and take also of the Tree of Life."

Do you see? Adam had neglected to eat of the Tree of Life. He was in disobedience to God's Word and was therefore experiencing a certain level of alienation from God. Had Adam eaten of the Tree of Life first, then he would never have eaten of the Tree of the Knowledge of Good and Evil.

God gave Eve to Adam to point Adam toward the Tree of Life and back to that place of fellowship he had lost. We know of course that they went to the wrong tree.

Human companionship doesn't cure loneliness. If you are feeling loneliness in your life, then head back to the Tree of Life (which is an Old Testament type of Jesus) and return to doing those things that please God. Since pleasing God is impossible without faith

that means believing and acting on His Word.

Come back to your awareness of God by spending time in His Word and in prayer. Draw near to Him and that sense of loneliness will disappear and you'll close this door to depression.

## Hope Deferred



The second common door opener for depression is found in **Proverbs 13:12**: "Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life."

The word "hope" here refers to "your expectation." This verse speaks of the positive expectations—the hopes, dreams and plans—that you have for your life. The good things you expect to experience. Be they related to health, finances, relationships or your vocation—we all have things that we hope to see manifested in our lives.

That's why, as we read in Proverbs, "Hope deferred maketh the heart sick." If those hopeful expectations are deferred, it can be an open door for Satan to bring depression on you if you don't know how to deal with it.

Why would hope be deferred? Hebrews 11:1 says that, "Faith is the substance of things hoped for." It's your faith that puts substance to whatever you are hoping for. If your hope is deferred or delayed, the most probable reason is that you haven't been using your faith to put substance to your hope.

The answer to deferred hope is to release your faith. Listen to more of the Word. Bring all of your thoughts captive to the obedience of Christ. Your faith will go to work and your hope won't be deferred.

In the meantime, while your faith is growing and your due season is coming to pass, be aware that Satan will try to bring depression on you to hinder your faith before your desire is realized and your hope—your vision, your expectation—comes into manifestation and it becomes “a tree of life” to you.

Paul tells us how to close the door to this kind of depression in Philippians 3:13. There he tells us to forget that which is past and to press forward into that which lies before. Every day you need to be expecting the manifestation of your hope.

Again: Every day you need to be expecting the manifestation of your hope. I like what Oral Roberts used to say, “Something good is going to happen to you today.” That's a good place to have your hope. Far too many allow themselves to live under the Murphy's Law kind of thinking that says, “If it can go wrong it will go wrong.”

Don't let Satan discourage you by dwelling on how long you have been waiting. Your desire could come today!

Depression, discouragement, and eventually despair all come from something not happening the way you wanted it to and your believing that the situation is not going to change.

If you get up every morning, day after day, year after year, with the same condition in your body, you can count on Satan trying to

discourage you. He'll tell you, “You are not going to receive from God so why don't you just give up and live with it.”

Faith, on the other hand says, “It is written.”

**2 Peter 1:3 (MSG)** “Everything that goes into a life of pleasing God has been miraculously given to us by getting to know, personally and intimately, the One who invited us to God.”

Forget about what did or didn't happen yesterday. Expect to receive today! Close the door to Satan and be set free, by casting down vain imaginations that exalt themselves against God's promises for your life. Think on things that are lovely and pure and of a good report. Be patient and let faith have its perfect work. Your due season will come to pass. Your faith will put substance to what you expect and you will have the victory in that area of your life.

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## Non-repentance



It should be no surprise to you that failure to deal with sinful actions opens you to all kinds of depression. Now let me clarify a term here first. Repentance isn't us trying to get forgiven we are totally forgiven, forever. Repent means to turn away from that action or attitude that is sinful in nature.

Paul is writing to the church in Corinth about the poor way that they reacted to his teaching. He basically had chewed them out for their behaviour.

**2 Corinthians 7:9-10 MSG**  
*Now I'm glad—not that you*

*were upset, but that you were jarred into turning things around. You let the distress bring you to God, not drive you from him. The result was all gain, no loss. 10 Distress that drives us to God does that. It turns us around. It gets us back in the way of salvation. But those who let distress drive them away from God are full of regrets, end up on a deathbed of regrets.*

Please understand that God is not the source of the distress spoken of here. He has no distress in heaven to put on anybody. But He calls the type of distress that causes someone to repent and to “turn us around,” a kind that “We never regret.”

Grace has forgiven us of all our sin, but if you keep on sinning, challenging that grace of God, as Paul put it in **Romans 6:1-2 (Contemporary)** 1 “What should we say? Should we keep on sinning, so that God's wonderful kindness will show up even better? 2 No, we should not! If we are dead to sin, how can we go on sinning?” then you've missed the point of what grace is about.

If you don't repent, that is, change your attitude, change your mind, change your behavior, and change the direction of your life, the regret that you experience from having this sinful activity in your life will grow into some of the worst depression imaginable. It will be worldly regret and it will work death in your life.

Regret then should be a warning to you. If you sense grief, a touch of heaviness, the beginning of depression in your life, you should examine yourself to look for areas in which repentance is needed. Then, make the necessary change in your life and slam the door to the enemy's depression.

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## Getting To The Root

Each of the doors we've examined thus far has a common denominator. Whether depression enters through the door of loneliness, hope deferred, or non-repentance of sin, the root is the same—**self interest.**

**Depression is almost always rooted in selfishness, self-pity, and self-concern.**

To be blunt, you can't be depressed without being selfish. It begins when all of your attention is turned inward as you focus on your problems.

The immediate remedy, of course, is to get your eyes off yourself and start serving others. Look around and you'll realize that you don't have it so bad. If you'll get caught up in meeting someone else's needs it will take your attention off of your own problems and they will quickly shrink in size.

Job was depressed--even suicidal. He suffered some rough times and for forty chapters he whined and moaned and groaned about how bad he had it until finally one day, at God's urging, he prayed for his friends. As soon as he did, God turned his situation around. There's a lesson in that for you. Stop confessing your negative situation all day long and go do what you can to help somebody else.



## Put On The Garment of Praise!

Another part of the solution to depression is found in Isaiah 61:3. Here God tells us we have been given the "*oil of joy for mourning*" and "*the garment of praise for the spirit of heaviness.*" Paul said in 1 Thessalonians 5:16 "*Rejoice evermore.*"

**Praising God sends depression right out the window.**



Praise Him for all of His blessings in your life. Praise Him for the blood of Jesus. Praise Him for your salvation. Praise Him for giving you His Word. Praise Him because of His love for you.

Do it and joy will come. You'll forget about your troubles and start remembering more and more reasons to praise Him.

This is one important reason for coming to church and getting into corporate praise and worship. If you sit home alone you won't likely get up and praise Him. You'll just sit there and get more depressed.

Praise Him, praise Him, and praise Him some more. Receive the oil of joy and before long your problems will be small and insignificant.

But remember, keep those doors to depression closed and dig out that root of self-pity so you won't have to deal with the same devils all over again tomorrow.

Finally, it is vital that you resist depression of any kind at its onset. The moment you recognize that any of these doors are open, take steps to close them immediately before the depression can gain a foothold in your life.

Don't let Satan steal the joy from you or someone you love. Instead, let your light shine as a bright beacon in the night drawing others to Jesus.

**Close those doors and be Set Free from depression!**

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you." Gal. 5:1 MSG

**SET FREE**

Is a complimentary ministry, prepared for you, by: Rev. Ray Sargent

*"You did it: you changed wild lament into whirling dance; You ripped off my black mourning band and decked me with wildflowers. I'm about to burst with song; I can't keep quiet about you. GOD, my God, I can't thank you enough."*

*Psalms 30:11-12 MSG*