

Pleasant Valley
Church of Christ

3317 Amidon
Wichita KS 67204
(316) 838-4195
www.letjesusleadus.org

Schedule of Services

Sunday

Classes 9:30 am
Worship 10:30 am
Evening 6:00 pm

Wednesday

Classes 7:30 pm

The Pleasant Valley Church of Christ is a non-denominational group of believers who are committed to following Jesus in our attitudes, our relationships, and our worship. If you want the same thing in your life, please contact us. We'd like to help.

Unless otherwise noted, all scripture quotations are from the New King James Version Bible, Thomas Nelson Publishers.

Wings



*"But those who wait on the Lord shall renew their strength;
they shall mount up with wings like eagles" (Isaiah 40:31)*

January 3, 2010

Depression: Cause and cure

by David King

"Anxiety in the heart of man causes depression; but a good word makes it glad" (Prov. 12:25).

According to one recent source, about one in five American adults — that's over 46 million people — suffer some form of chronic depression, ranging from prolonged sadness to psychosis. Some of these unhappy people are undoubtedly victims of biological imbalances that require medical treatment. However, in many cases the root problem must be sought in the hearts of the victims. Their depression is simply a state of mind they bring upon themselves by how they choose to think.

This proverb points to **anxiety** as the chief culprit in creating mental gloominess. The Hebrew word means "fear, dread, anxious care." When a person allows his mind to be consumed with worry over his problems — or potential problems — he is sure to become depressed.

Jesus viewed this kind of mental sickness as a behavioral problem that we can control. He warns us, "Do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. . . . Do not worry about tomorrow, for tomorrow will worry about its own things" (Matt. 6:25, 34). Jesus knew that if people would simply change how they think about their possessions and their future, they would be happier.

Of course, that's easier said than done. How do you obey the command, "do not worry" when it seems that everything in your life is going wrong?

Solomon addresses this in the second half of the proverb: "A good word makes it glad." We drive anxiety out of our hearts by forcing good words in. Consider some examples:

Bible study provides the best source of good words. Time spent reading and meditating on God's word can be a tremendous antidote to depressive thinking. Study the wonderful promises God has made to His people. Read the stories of godly men and women who overcame greater problems than ours through their faith in God. A primary purpose of the Bible is to help people cope successfully with life, but that benefit is wasted if we do not study it.

Cheerful companions provide good words. Cultivate a close friendship with mature Christians who have learned how to be happy regardless of their circumstances. Take advantage of opportunities to share their company and conversation. Their words of encouragement will inspire you, of course. But more importantly, their optimistic spirit will rub off on you, and you will learn how to control your thinking to maintain a positive outlook on life.

Prayer generates good words. Verbalize your feelings to God. Let Him know about your needs and fears. The simple trust expressed in such an exercise will warm your soul and lighten your load.

God did not create man to be miserable. If we are, we must deal with the cause within ourselves. "Be anxious for nothing, . . . and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Phil. 4:6-7).