

# DEPRESSION TO JOY

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## STORY 1 - SARAH

There was once a man named Abraham. Abraham was a rich man. He had silver, gold and servants as much as his heart desired. Abraham was as successful as any man could ever be in his time. He lived with Sarah, his wife. She was a very beautiful woman and she knew it. However, Sarah was not happy. When she was about 76 years old, **she began to feel she could never be enough for Abraham.** Why? Sarah had no child.

Sarah would go into her tent when no one was watching to just sit down and bawl out hot tears. She would wake up in sorrow and sleep in sorrow. Whenever she saw the children of her servants playing in the field, her soul would grieve. A child was the only thing she lacked and neither her wealth nor her beauty could give it to her. She was in a deep dark hole that she couldn't seem to get out of, no matter how hard she tried.

One day, out of the desperation and sadness of her heart, Sarah asked Abraham to sleep with Hagar, one of her servants. Hagar then conceived. But that did not cure Sarah of the darkness of her heart, rather, it made it worse. Maybe Sarah hoped that somehow, Abraham was the problem and not her. Hagar was going to be proof that she was not barren. It was Abraham who was not man enough to give her a child. The whisper in her head that told her she would never be enough was now loud and clear, as Hagar rejoiced before her for her conception. One thing became evident, that Sarah was indeed barren. She was the one hindering Abraham from receiving God's promise.

In the quietness of Sarah's tent, she wept at the 'monster' she had become. Maybe once in a while, she tried to feel better by being nice to Hagar, but her attempts to salvage her conscience did not work. She simply couldn't control the sadness that had now grown into bitterness towards Hagar. Sarah became so cruel to Hagar that Hagar had to run away for her dear life. God intervened and Hagar later moved back home to submit herself to her mistress. And they all lived happily ever after, right? Wrong!

God gave Sarah her own child, Isaac, but she was still convinced she wasn't enough for Abraham. After all, Abraham lied to people everywhere they went that she was his sister. Her husband didn't mind much if her captor had a go with her, only the mercy of God had saved her each time from being defiled. What indescribable shame she felt as her servants gossiped from ear to ear about how strange men slept with her silly; no wonder these kings showered her husband with gifts the next morning. Perhaps in her servant's eyes, she was a good-for-nothing prostitute; a money-making tool for Abraham. "Or else why would Hagar my most trusted servant despise me... all I did to her... it was her fault, right? She started it..." Her thoughts were cut short by a loud chuckling in the distance. Ishmael, the sight of him made her heart burn.

One day, when Sarah had had enough of the heavy load she bore, she asked Abraham to kick Hagar and her son out. Days after, she meditated on her wickedness and **despised herself** for she was surely an evil person. A little boy was probably starving, if not dead already, in the wilderness because of her. If only she could put an end to all the pain, bitterness and hatred that was her life, Sarah thought, as she lay down her head to sleep at night. If only she could end it all once and for all.

### What Is Depression?

In a few words below, I will make an attempt to describe depression.

Describing depression is hard. However, below are some typical characteristics of depression:

- Feeling like you are not enough
- Feeling like you are less loved or less preferred

- Feeling like you are a bad person or evil at heart
- Feeling like the world will be fine, perhaps even better without you
- Feeling like you are carrying a heavy load
- Feeling lost or insignificant; like you have no identity or purpose
- Feeling intense hopelessness, worthlessness or guilt

This list is not exhaustive nor can it ever be. Below are some extra dots so that you can try to express with a pencil how your own depression feels like.

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Depression may start with one of these feelings above then usually will grow over time into a complex thread of all these emotions tangled together in your heart.

### **Duration Of Depression**

Depression is not a one-off thing you feel when something bad happens to you.

It is an underlying darkness of the soul that goes on for months at a time. The period varies greatly depending on when it is identified, how it is identified and how you attempt to cure it if attempted at all.

### **The Nature Of Depression**

Depression is deeper than sadness. It is definitely not just the gloomy look people see on your face when you are troubled. In fact, it is not even in your heart, it seems to be much deeper in the soul. You may be reaching goals and celebrating milestones every other day but still be acutely depressed and no one will know about it, even you. You may, however, notice the following once in a while during a period of depression:

- You spontaneously burst out into tears and start weeping seriously for no reason at all. Or, you start shouting and expressing anger towards people for no reason at all
- You may suddenly cut off your long hair or any other prominent body feature. You may try to change your appearance in a very significant way
- You may suddenly start getting rid of the majority of your clothing or go on an extreme declutter of your house
- You may lose interest in things you are known to be very excited about or lose excitement about everything completely
- You may suddenly quit your job or shut down your business, stay away from people you were once close to, or worse, leave everything behind and run away
- You have thoughts of ending your own life

You may do any of these without any clue that you are depressed at all. It is your soul subtly crying out for help. Each of these acts done in isolation does not necessarily indicate that you are depressed. But when actions like these are done from time to time over an extended period of time, and you consistently have the feelings mentioned earlier, you are suffering from depression.

## Things That Trigger Depression

There are several situations in life that may kick-start your journey into the world of depression. The following list mentions a number of them. Again it may not just be one of these but a combination of these that leads you into the dark pit of depression.

- Loss of a loved one; child/miscarriage, husband, friend
- Loss of a huge investment or money
- A heartbreak
- A betrayal
- Failure in academics
- Failure in business
- Delay in life
- Loneliness
- Rejection by family
- Cold upbringing
- Being bullied
- Barrenness
- Less than expected performance in life
- Loss of job
- Public rejection
- Emotional, verbal and sexual abuse
- Addiction to alcohol, food, drugs, pornography or masturbation
- Mockery for being different
- A physical disability
- Extreme fear; of the unknown, of the future
- Prolonged chronic stress or pressure
- A self-conscious personality; growing up shy
- Being stuck; at a job, marriage, relationship
- Undigested, unknown or unresolved trauma

In the next section, I will show you how these external situations lead to depression.

## STORY 2 - ABIMELECH

Abimelech grew up being tagged the son of **the concubine**. You see, after Gideon defeated the Midianites in battle through the miraculous power of God, Gideon was pretty much the most important man in Israel. His family was considered royalty. But for his refusal, the people of Israel were ready to make him their king. Abimelech was born into the most prominent family in Israel. He grew up in wealth and all was well and good, but not for long.

From age 5 or so, Abimelech began to notice that his mother was treated differently. She did not have a tent in the family house as other wives did. She could only come in when Gideon specifically called for her. She lived in the outer section of the family house. If robbers were to break into Gideon's compound, they will attack her and her son first before getting into the main part where Gideon lived with his wives. She was some sort of second-class citizen even though she was as beautiful as they were.

Abimelech noticed that he didn't eat the same food as his brothers did. The quality of his clothes was a little less than those of his brothers. Anytime the servants went around doing their duties, his mother's house was often neglected. When the census people came to count the sons of Gideon, they said, "Gideon has 70 sons, and oh... the son of the concubine." Surely he knew he was a son, but a different kind of son.

"The son of the concubine", they called him. When he asked around for the meaning of the word 'concubine', they told him it meant that his mother's status is just a little lower than the rest of his father's wives. Some told him it was no big deal that his mother was still his father's mistress regardless. Others told him he is even lucky to be in Gideon's house at all. Many people told him many things but all he interpreted them to mean was **'less loved'**. His mother was less loved by Gideon. He was less loved by Gideon.

Now, had it been that Gideon had many concubines, I believe Abimelech would have felt better; it would have been that his father generally loved women and just preferred to keep some as concubines. But that was not the case here. His father had many wives. Making a commitment to women was not a problem for his father, but somehow, his father couldn't simply make a commitment to his mother, the only concubine. Perhaps his mother mistakenly conceived him; he was never part of the plan. Abimelech grew up believing that he was a big mistake. No matter how much he and his mother tried to win his father's affection, they simply were **not enough** for Gideon.

One day, Gideon died. We suddenly see a young man, Abimelech in a meeting with his mother's family members. He convinced them to make him their ruler since Gideon had died and it would be so inconvenient to begin to decide who will be king among the other 70 sons. His mother's people agreed; they all wanted to be the ruling family in Israel; relatives of the king. They gave him money which he used to hire scoundrels to get his dirty job done. In a few days, 69 sons of Gideon were dead and he was crowned king.

After 3 years of rule, God decided it was time for judgment. Abimelech's kinsmen suddenly turned against him, and him, against them. He got entangled in fights and battles against his own people. He was set to destroy anyone who thought he was **not enough** to rule as king over Israel. Even if his father came back alive to rebuke him, Abimelech would have unleashed vengeance on him with all the bitterness and bile his soul had stored up over the years; years of being constantly told he simply was **not enough**.

Eventually, in one of his battles, a brave woman threw a large stone down on his head and fractured his skull. He saw darkness approaching by the second. Then he quickly called the young man who was carrying his weapons and ordered, "Draw your sword and kill me. I don't want it said that a woman killed me." It was his last cry of desperation. He was looked down upon throughout his life; he did not want to be looked down upon in his death as well. So his servant thrust his sword into him, and Abimelech died.

## How Did You Become Depressed?

The World Health Organisation (WHO) considers depression a **common mental disorder**. More than 264 million people of all ages all around the world suffer from depression. Even babies can be depressed; I have seen it with my own eyes. WHO says that “Depression is a Disease.”

If you are not a Christian, permit me to make reference to two portions of the bible here. And do stick around as I have something juicy for you later.

In Matthew 17:14-18, a man came to beg Jesus to heal his son who was suffering from Epilepsy. When Jesus was to heal him, he rebuked a demon out of him and he was healed. In Luke 13:10-16, we see Jesus teaching in the synagogue when he healed “**a woman there who had an evil spirit that had made her ill for eighteen years...**” (Luke 13:11a GNB). When Jesus was to respond to the official of the synagogue for challenging him, he said in verse 16, **Now here is this descendant of Abraham whom Satan has kept bound up eighteen years...**”

There are many other people who Jesus and his disciples healed by simply casting the demon causing the illness out of them. The devil is behind very many illnesses but we do not realize it because we cannot see into the spirit. I dare say that the devil is also behind depression. He attacks men through a demon called “**the spirit of heaviness**”.

## How The Devil Orchestrates Depression

Once you experience any of the triggers I mentioned just before Story 2, the devil begins to operate through **imagination and thoughts (2 Corinthians 10:5)**. He whispers to you telling you how unloved and unwanted you are. He tells you that you are simply not good enough. He tells you that you are not worth anything good. He tells you that everybody hates you. He even sets up situations to prove his lies. As you meditate on his words, that demon, the spirit of depression/heaviness, enters your soul through the door of your mind. You become depressed and then if he succeeds, you kill yourself.

*“...the sorrow of the world worketh death.”*

**2 Corinthians 7:10 KJV**

## Revealing The Spirit Of Heaviness

If you think that I will attempt to prove to you by dissecting scripture upon scripture that a ‘spirit of heaviness’ indeed exists, you are wrong. When Jesus cast out demons, never did he try to describe to anyone what the demon looked like, what was its house address, its favourite food and how it found its way into the sick person. He just identified the demon and cast it out.

The spirit of heaviness was revealed to me as well at an independent occurrence while I was praying in ‘my closet’ for a little boy who was suffering from depression. I will only show you one scripture now, but if you are diligent enough to read through the pages of the old testament with a keen eye and with help from the Holy Spirit, you will see the spirit of heaviness often at work in the lives of the Israelites.

*“To appoint unto them that mourn in Zion,*

*to give unto them beauty for ashes,  
the oil of joy for mourning,  
the garment of praise for the **SPIRIT OF HEAVINESS**;  
that they might be called trees of righteousness,  
the planting of the LORD, that he might be glorified.”*  
*Isaiah 61:3 KJV (emphasis mine)*

I often picture the spiritual condition of one who is depressed. The person is covered in a black sack-like garment. The garment is bonded at the bottom so that the person cannot remove the garment by wiggling their way out. Sometimes a person may be covered but have a hole cut out for their eyes, nose and mouth; maybe signifying a lesser level of depression than one who is totally covered.

#### **A Simpler Way To See It**

Let us say you do not believe that the scripture above is related to depression, I present to you a simpler view. I want you to look again at the actions and nature of one who is depressed as I attempted to describe depression in chapter one. Also, look at the actions of Sarah and Abimelech. Do all those actions look like God-inspired actions? Certainly not! Then if such emotions and actions are not from God, if you are really a Christian, you will agree with me that they are inspired by Satan, the devil. Satan is behind your depression.

### STORY 3 - SAUL

One day, Samuel came to tell Saul that he was going to be the king of Israel. Saul became afraid and decided to hide this great news from his relatives. On the day he was to be crowned king, Saul went to hide because he was shy. Saul seems to be a person with an **introverted personality**. Although he was physically attractive, **he was shy** and did not like to be in the spotlight. God saw that Saul was soft at heart and character and he was the perfect person through which He could show His mighty power.

Although Saul was physically built, he was very soft-spoken. His personality did not match his physical appearance at all. Before he was announced as the king, the spirit of God came upon him and he prophesied at Gibeah. It was such an irony that someone as quiet and introverted as Saul could prophesy, as prophets were known for their ability to speak often and to speak loud and clear. It was such a strange thing to see Saul prophesying that they had to make a proverb out of it saying, ***“Is Saul also among the prophets?”***

No wonder some people also protested about Saul being king. Everyone doubted him. He didn't just have the right personality to rule. It wasn't until he won his first battle against the Ammonites that people began to trust in him. In fact, some said, *“Where are the people who said that Saul should not be our king? Hand them over to us and we will kill them!”*

Saul's second battle as a king was against the Philistines and it was not going very well. When the battle became too hot to bear, the Israelites had to go into hiding. God was set to deliver them and instructed Saul to wait for Samuel at Gilgal. Saul waited for some days and then he decided to take matters into his own hands.

You see, Saul was used to doing things by himself; he was a **'DIY-guy'** as many introverted people are. He had wonderful ideas and abilities and he genuinely believed God would be pleased for him to use **his own initiative** to get out of trouble. “Why wait for Samuel, when I can do this by myself. Surely God would be pleased with **my multi-talented-ness**”, he thought. His action resulted in outright rejection from God and he still lost the battle.

But **soft-Saul** had a point to prove to the world. He had to show them that he could make it in life without anybody's help, even without God's help. Saul later again stepped out in his own initiative to attack the Philistines. In fact, he even decided to add some spice to it by commanding his men not to eat any food until they have destroyed the Philistines completely. He made a vow to his men just to appear tough but soft-Saul broke his own vow before his people in just a few hours.

In a battle with the Amalekites, we see Saul taking matters into his own hands yet again. Now, people had known of Saul's recurrent failures as king. Rumours were going around that Saul was really as weak and incapable as they initially thought; and apart from being incapable, that God was not even with him.

Now under pressure to salvage his reputation, Saul allowed the Israelites to commit sin under his watch. He needed to get the love and admiration of the people. He allowed them to take the Amalekite's possessions and watched on as they tried to offer such abominations as a sacrifice to God.

When it was time to battle Goliath, Saul was nowhere to be found, he couldn't be humiliated again in the sight of his people. He rather offered a bounty to the man who could defeat Goliath.

David defeated Goliath, and that was the beginning of the ending of Saul. Saul set his eyes on this new champion, David. In a second, all the pain of growing up shy and being doubted and rejected by the public, being ignored, being less preferred than the bold and outspoken, being told he was not just charismatic enough; all that darkness that lay in his soul turned into bitterness towards David.

An evil spirit (which I think is that 'spirit of heaviness' I talked about) came upon him. He started lashing out spontaneously in strange ways. First, he killed all the priests of God in one go. One moment he is calling David his dear son, the next moment he is throwing spears at him. One moment, he is hunting down David to kill him for no reason, the next moment he is fearfully consulting a witch.

I think that the reason why Saul just wanted to see Samuel one more time is that he believed that it was only Samuel that truly understood him. Samuel knew that he did not start out as the monster he had become. Deep darkness had taken over his heart now and was making him do scary things. Saul hoped that somehow he would find reassurance in Samuel's words. Unfortunately, that consultation did not go as he had hoped.

Eventually, at a final battle with the Philistines, Saul saw an opportunity to end the thick darkness that had become his life. He killed himself.

### **What Is The Cure For Depression?**

Depression is not a garment that you put on and take off at will. You cannot just decide to stop being depressed. If it were possible to end depression by just deciding to stop being depressed, no one would be depressed. I have not seen anyone who just enjoys having open wounds day in day out for months and years on end. Depression is painful, no one wants it. This is why most people who are fed up with their depression resort to killing themselves. It seems death is the only way to get rid of it.

Satan loves depression so much. It is his favourite tool for bringing men down in this generation. The climax of depression is **Suicide**. Depression is hardly detected in the early stages, it bears the devil's character of subtlety – it is like a serpent.

### **Only Jesus Christ Can Heal Depression**

Psychological and pharmacological treatments cannot take away your depression. Psychotherapy is more like torture than healing. The psychotherapist will open up your old wounds, make them bleed and leave them bare. Medicine will only suppress your depression, it will make you happy for a short while but it cannot give you joy. It cannot take away your emotional pain.

*“Go up into Gilead, and take balm,  
O virgin, the daughter of Egypt:  
in vain shalt thou use many medicines;  
for thou shalt not be cured.”*

***Jeremiah 46:11 KJV***

Only the one who has power over the devil can cure depression. **Only Jesus Christ can heal your depression.**

Consider this very intently until it dawns on you. In Luke 4:21, Jesus said that he came to fulfil the scripture in Isaiah 61:1 KJV (emphasis mine).

*1 The Spirit of the Lord is upon me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim liberty to the captives  
and recovering of sight to the blind,  
**to set at liberty those who are oppressed,**  
to proclaim the year of the Lord's favor.*

The prophet Isaiah didn't stop here;

*2 To proclaim the acceptable year of the Lord,  
and the day of vengeance of our God;  
**to comfort all that mourn;***

And then, boom! That scripture we earlier quoted where we identified the spirit of heaviness;

*3 To appoint unto them that mourn in Zion,  
to give unto them beauty for ashes,  
**the oil of joy for mourning;**  
**the garment of praise for the spirit of heaviness;**  
that they might be called trees of righteousness,  
**the planting of the Lord, that he might be glorified.***

The good news continues until the end of the chapter. One way we can summarize Isaiah 61 is by saying that Jesus came to take away our depression and give us joy.

## The Devil's Agenda

Let us look at the last line of the passage we just quoted, “...**the planting of the Lord, that he might be glorified.**” God is not glorified when you are depressed. The devil is glorified when you are depressed because he now uses you to accomplish his purposes on earth. When he is done with you, he will make you commit suicide so that you will then join him in Hell to be tormented forever.

Murder is a sin. Killing yourself is ‘**self-murder**’. It leads you straight to Hell because when you die, you have no chance to repent.

Suicide is also a selfish act. The devil deceives you to make you think you are unloved and unwanted, but that’s not true. People will be hurt to learn that you have killed yourself. Also, the news of your suicide may be a trigger for them to then enter into depression and continue with the devil’s agenda on earth. Your suicide may trigger depression in your loved ones or even strangers and they may go ahead and take their lives as well. They all join you in Hell to be tormented forever. Satan is happy.

Do you want to be the devil’s tool? I believe not. So I beg you to accept **the only true cure for depression.**

## STORY 4 - JOSEPH

Joseph was seventeen (17) years old when we first heard about him. He had lost his mother and so his childhood had not been very easy. But his difficulty in life was only yet to begin. His brothers did not like him very much. When it was time to share chores, his older brothers chased him into the fields to take care of sheep and goats, a task meant for the sons of the concubines. They saw him as a traitor as he always exposed their evil deeds to Jacob, their father. Yes, he stood for what was right, but not in a loving way.

Jacob loved Joseph more than the rest of his brothers and he let everyone know it. Oh! How Joseph gloated over his brothers with pride. At dinner one night, he quickly excused himself from the table. Soon they saw Joseph dramatically approaching, now covered in his special coat of many colours. Immediately, the coat caught the attention of his brothers. He marched towards the front of the table with his shoulders raised high in the air. Then he picked up a stool and climbed on it so that everyone could hear him loud and clear.

All eyes were now fixed on him as the 'drama king' was set to stun them all. "I had dreams," he said, "you were all bowing down to me". His father cheered him on as he narrated the dreams God had given him. In their seats, his brothers burned with anger. But for the presence of their father, they would have lunged at him and given him a good beating. You see, it was pride that almost destroyed Joseph. From that day on, his brothers rained jealousy, bitterness and hatred upon him. They began to plot to kill him.

Sure enough, their opportunity came one day. But for the Lord's mercy, he would have been killed at Dothan and thrown into a dry well to rot. Joseph cried as his captors dragged him away to Egypt where he was sold to Potiphar the palace guard.

Life began to humble Joseph. In Egypt, he was a 'nobody'. His father was not there to shower expensive gifts on him. There was nothing to boast about. He had to work hard or else, he would be beaten mercilessly and thrown away. He had no choice but to hold on to the only thing he had left - his God. Joseph grew very successful in the house of his master and was promoted to become Potiphar's personal servant. Potiphar put him in charge of his house and everything he owned. God even blessed Potiphar because of Joseph.

A difficulty arose again in Joseph's life when his master's wife accused him of trying to rape her. Joseph was put in prison. God gave Joseph dreams of greatness inside the prison. Thankfully, he had learnt to keep his mouth shut. Pride almost took his life once; he wasn't going to give pride another chance. Soon enough, he was put in charge of all the prisoners. God was reshaping his life and character during the long time he spent in prison. When Joseph had lost every desire for self-promotion, God gave the king strange dreams and a servant suddenly remembered Joseph. Joseph was called upon to interpret the dreams.

Joseph had now changed completely. He so depended on God, that even when the king told Joseph that he heard he could interpret dreams, he humbly declined and said, **"I cannot, Your Majesty, but God will give a favourable interpretation."** Joseph had changed from a self-promoter to a God-promoter. God gave Joseph the interpretation of the king's dream and Joseph was made second to the king of Egypt.

One day, Joseph stood face to face with his brothers. The very men who had tried to kill him stood before him not even recognizing him. After speaking with them a while and confirming they were indeed his brothers, he left them and began to cry; pouring all the pain, bitterness, heartache, betrayal, rejection, hatred and darkness that had been his childhood at the feet of the Lord.

At the end of Genesis, Joseph is able to forgive his brothers saying "Don't be afraid; I can't put myself in the place of God. You plotted evil against me, but God turned it into good, in order to preserve the lives of many people who are alive today because of what happened. You have nothing to fear. I will take care of you and your children." Joseph was healed. He was whole.

## How To Be Healed Of Depression

Healing from depression happens in three main stages.

1. Believe in Jesus Christ
2. Cast out the spirit of heaviness
3. Be filled with the spirit of joy (the Holy Spirit)

In the rest of this chapter, we shall consider how you can successfully partake of all three stages and be finally set free.

### 1. Believe in Jesus Christ

Once again, we refer to our key passage- Isaiah 61. Verse 3 says,

*To appoint unto **them** that mourn **in Zion**,  
to give unto them beauty for ashes,  
the oil of joy for mourning,  
the garment of praise for the spirit of heaviness;  
that they might be called trees of righteousness,  
the planting of the Lord, that he might be glorified.*

Consider the first line. The promise is for **them...in Zion**. The blessing is for **them...in Zion**. The healing is for **them...in Zion**. Zion refers to the city of those who call God, “**Father**” and Jesus Christ, “**their Lord and Saviour**”.

Simply put, you have to **first believe in Jesus Christ**; for healing is the children’s bread (Matthew 15:26)

Do you know that if you do not believe in Christ, you are Satan’s property? He can do with you as he pleases. You have leased your authority to him and he is in charge of your life. God loves you and wants to intervene in your life, but he is a just God. He will not force his ruler-ship on you. He must wait for you to choose him. The good news is that God never gives up on you. He has not given up on you. No matter how far away you have gone, you can receive his salvation this very moment.

### This is what you need to do

1. Acknowledge that you have been caught in the devil’s trap. Because of your sins (ingratitude and lack of contentment), Satan gained access into your life and attacked you with depression. You are a sinner and by the time Satan is done with you on earth, you will land in Hell (a place of eternal fire and torment).
2. Believe that Jesus already suffered and died a brutal death by crucifixion over 2000 years ago, on your behalf. He suffered and died so that you don’t have to. You don’t have to suffer depression and you don’t have to die untimely and go to Hell to be tormented forever

3. Repent (turn away/forsake) your sins. You have to genuinely (with a determination never to repeat them) beg for forgiveness of your sins. This is because your sins are the very thing separating you and God right now. Read Isaiah 59. Until your sins are forgiven, you cannot be a child of God.
4. Open your mouth and tell God you are sorry. Do it right now, he can hear you where you are. Say something like, "Lord, I come to you recognizing that I am a sinner. I need your love and salvation in my life. I want to be your child and receive the life only you can give. I believe that you are the son of God and that you came to earth to die so that I might live. I accept you as my Lord and personal Savior. Come into my heart, please, in Jesus name, Amen.

At this point please pause as the Holy Spirit begins to convict you of your sins. It is very important. You may want to weep for hours on end, please pause and weep. Don't rush to finish this book. It could be that the Holy Spirit is already healing you right now as you place your heavy burden of sin and bitterness at his feet. You may not weep at all or experience anything dramatic but so far you meant every word you said to Jesus Christ, it is done. You are saved. Welcome to the family of God!

## **2. Cast out the spirit of heaviness**

All you have to do is to cast him out **in the name of Jesus**.

You must use the name of Jesus. The devil is not afraid of you, he is afraid of Jesus. Demons do not bow to your name; they bow to the name of Jesus. Do not try to dabble into things you do not understand by trying to use your emotions, or high-sounding words to cast the demon out. The name of Jesus alone is effective. Look at this,

*9 "Then God gave Christ the highest place  
and honored his name above all others.*

*10 So at the name of Jesus everyone will bow down,  
those in heaven,  
on earth,  
and under the earth".*

***Philippians 2:9-10 CEV***

Say, "Thou spirit of heaviness or depression tormenting me, leave right now, in Jesus name!" If you are afraid, quote the scripture above to build your faith and command that demon to leave again. That's it, that's all. The demon is gone. It is finished.

## **3. Be filled with the spirit of joy (the Holy Spirit)**

I am not talking about the baptism of the Holy Spirit. That is a different matter which I don't want to delve into. I do know for sure that anyone who is born again can be filled with the Holy Spirit at

any time. A filling can happen multiple times throughout your walk with God as you make yourself available.

To be filled with the Spirit, you simply need to commit one thing- **your time**. As you spend time alone with God, studying his word and praying, he fills you up with himself. This is where the Holy Spirit works on your wounds. Wounds of your failures, rejections and abuse will be opened for the Balm of Gilead, that Great Physician, to heal. After skillfully treating your wounds, He will stitch up your wounds with his never-failing bond of love, giving you perfect healing.

How long the healing process will take, varies for each person. It depends on how deep your wounds are and how much you make yourself available in His presence. As you heal, you will feel like a newborn baby inside. Oh, the wonderful joy of the Holy Ghost! Sometimes the joy is so much that you just dance, sing, clap or shed tears. I cannot describe it to you because it is like describing the wind.

You must experience it yourself. You must set out some time daily with God. Use it to praise God for his salvation, worship him, pray, fast, read the bible, etc. He will continue to convict you and transform you into the image of Christ.

*18 "And be not drunk with wine, wherein is excess;*

*but be filled with the Spirit;*

*19 Speaking to yourselves in psalms and hymns and spiritual songs,*

*singing and making melody in your heart to the Lord;*

*20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;"*

***Ephesians 5:18-20 KJV***

The more time you spend with Him, the more you will be filled with his presence and joy. He will cover you with the garment of praise and anoint you with the oil of joy, just as he promised in Isaiah 61. Please pause and read the whole of Isaiah 61 again. Claim His promises for yourself right now. They are yours!

### **A Warning**

Do not leave your house (your soul) empty!

*43 When the unclean spirit is gone out of a man,*

*he walketh through dry places, seeking rest, and findeth none.*

*44 Then he saith, I will return into my house from whence I came out;*

*and when he is come, he findeth it empty, swept, and garnished.*

*45 Then goeth he, and taketh with himself seven other spirits more wicked than himself;  
and they enter in and dwell there: and the last state of that man is worse than the first.*

*Even so shall it be also unto this wicked generation.*

***Matthew 12:43-45 KJV***

You must **at least, daily** fill yourself with the Holy Ghost. Daily let Him establish you in righteousness. Sin gives the devil an entrance into your life. You must approach the throne of grace often and ask for forgiveness as the Spirit convicts you of your sins. Satan has not given up on you. He will never give up on you. You are on his agenda until you die or Jesus comes again. So you must not give him a chance. But do not fear. The Lord is faithful. He will help you. He will strengthen you. He will establish you and protect you from the evil one (2 Thessalonians 5:3). Amen.

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## STORY 5 - JOB

There was a man named Job living in the land of Uz. He had seven sons and three daughters and owned 7,000 sheep, 3,000 camels, 1,000 head of cattle, and 500 donkeys. He also had a large number of servants and was the richest man in the East.

Job was a right-*eous* man. He did everything right. He made all the sacrifices to God to the last drop of blood. He was always on time. He was perfect in his ways. He wore the right clothes, ate the right foods and spoke the right words. His children were not as perfect as him and sometimes they escaped his overbearing presence; they would go out and have feasts. Job felt that if he could just perform all the law to the letter, then he will surely be blessed. At least that was what God said.

Job so loved the blessings. He looked **for the good... he waited for light (Job 30:26)**. In Chapter 29, We see how much Job loved blessings, riches, wealth and honor. Every day, he prayed for blessings, he expected only blessings from God. The thing he feared most in life was losing all his blessings.

One day, servants brought news that all his donkeys, sheep, camels and children were gone. Jobs' reaction showed that **depression set in immediately he heard those words**. He tore his clothes, shaved his head and fell down to the ground. But then he realized that he was still in the presence of his servants, he quickly needed to say something **right**, "I was born with nothing, and I die with nothing. The Lord gave, and now he has taken away. May his name be praised!" He had said what his servants needed to hear, they marvelled at his righteousness, Job had salvaged his reputation.

Soon, Jobs' body was afflicted with boils and sores. The spirit of heaviness rested greatly upon him. His wife tried to provoke him to end it all and die. Again, Job scrambled for something **right** to say. He scratched his head. Trying to sound happy, he muffled, "You are talking nonsense! When God sends us something good, we welcome it. How can we complain when he sends us trouble?" He had said what she needed to hear. She marvelled at his righteousness, just what Job wanted.

Once again Job put up a façade when his friends came visiting. He needed to be right before them. No matter how hard they tried to make him accept otherwise, Job stood his ground, that he was perfect. That he had never sinned. He was convinced of his own innocence. He believed that he had been more righteous towards God than God had been towards him. Throughout the book, we see Job challenging God, saying all the right words and being the right-*eous* man he was reputed to be while suffering deep dark depression.

Finally, after 37 long chapters, God responded to Job and gave him a good scolding. Job saw the foolishness of his ways. Ashamed, he repented in dust and ashes. God helped Job and his friends forgive each other and Job prayed for them afterwards. God blessed Job twice as much as he had before. Job now saw blessings as a product of God's generosity and not a result of his prayers and sacrifices. He realized he was wrong to think that God was forced to bless him because of his righteousness. God gives what he wants, to whom he wants, when he wants.

### How to Prevent Depression

Simply put, it is to seek only the will of the Lord for your life. Consider this scripture:

*"Good and evil alike take place at his command"*

***Lamentations 3:38 GNT***

The scripture above means that **“YOU CAN NOT FORCE GOD TO BLESS YOU”**.

We must know that life cannot be all rosy. No man or woman who has walked with God, both in and out of the bible, has experienced a perfectly rosy life from start to finish. It simply does not make sense physically or spiritually. God himself saw the world he had created and called it “good”, not “perfect”.

When situations of life come, I communicate my desires to my Father in heaven nonetheless; but I always conclude my prayer with, “But Lord, my desires aside, let your will be done in my life, whatever it may be”. I want to give the Lord a chance to work his full purpose in my life even though it will take hardship.

I prefer to carry the yoke of Jesus Christ than to seek maximum comfort in life. This way, I do not fear the devil or his attacks. I am not frazzled, frightened and lose faith in God when troubles come. I submit myself to the will of the Lord in all things. I hope you will take this approach to life too.

It is useless to spend your time praying *against* trials. Neither God nor Satan can answer that kind of prayer. Do not think that all evil comes from the devil. Sometimes, God sends thorns our way. Remember Paul’s thorn in the flesh? Now consider James 1:2-4 GNT.

*2 My friends, consider yourselves fortunate when all kinds of trials come your way,*

*3 for you know that when your faith succeeds in facing such trials, the result is the ability to endure.*

*4 Make sure that your endurance carries you all the way without failing,*

*so that you may be perfect and complete, lacking nothing.*

Have you seen it? More than meeting our needs, God’s desire is that we become perfect and complete, lacking nothing. I’ll take that any day over bread and butter.

Depression cannot have a chance to be triggered in your life when you know that it is God that is behind your trials. He has promised to never tempt you with more than you can bear. I believe Him.

*13 There hath no temptation taken you but such as is common to man:*

*but God is faithful, who will not suffer you to be tempted above that ye are able;*

*but will with the temptation also make a way to escape,*

*that ye may be able to bear it.*

***1 Corinthians 10:13 KJV (emphasis mine)***

Can you see it? When sudden trials come, you know they are all part of His plan for you and just like Job, you bow before the Lord and give him all the praise, genuinely. This is how to preserve the joy of the Holy Ghost in you.

## STORY 6 - JABEZ

There was a man named Jabez. His mother had given him the name Jabez, because his birth had been very painful. Jabez means “he makes sorrowful”. What a name to have! I cannot imagine how difficult and depressing Jabez life was growing up. When he was at the verge of taking his own life and drowning in darkness and perdition forever, Jabez remembered that there was a God.

Knowing that God was now the only hope had, he cried out with all his might, “Bless me, God, and give me much land. Be with me and keep me from anything evil that might cause me pain.”

And God gave him what he prayed for. The spirit of depression was replaced with the oil of joy and in time, Jabez became the most respected member of his family.

### Anybody Can Be Delivered

It doesn't matter what the unique situation of your life has been. This very moment if you cry out to God following the steps discussed in this book, your story will change.

*28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

*29 Take my yoke upon you, and learn of me;*

*for I am meek and lowly in heart: and ye shall find rest unto your souls.*

*30 For my yoke is easy, and my burden is light.*

***Matthew 11:28-30 KJV***

I decree it into your life that you will find rest for your soul, in Jesus name, Amen

## **STORY 7 - PETER**

The Lord Jesus was with his disciples at supper. Discussions were going on among them. Suddenly, Jesus turned to Peter and said, "Simon, Simon, Satan has desired to have you, that he may sift you as wheat". He then told Simon that he will deny Him three times.

You see, Satan took Judas life by making him commit suicide. Satan desired to take Peter's life in the same way. He had planned everything. He was going to tempt Peter to deny Jesus three times. Peter will fall for the temptation then he will immediately strike Peter with guilt. Peter's sin and guilt will give the spirit of heaviness a chance to come into his soul. Peter will then commit suicide. The plot was made, the plan was set. Satan was happy.

Jesus, who always prayed for his disciples, saw this in the spirit and quickly countered the plot. He said, "But I have prayed for you that your faith fail not." Peter was saved already in the spirit by Jesus' prayer. All these happened even while the events had not yet manifested in the physical.

### **Who Is Praying For You?**

We all need someone who is praying for us. I mean an earthly person. There is nothing to lose and everything to gain in having someone who knows your peculiar story and is committed to seeing that you win in life. This person can help you up when you fall and see to it that you are strengthened enough to now strengthen others.

Please don't keep your issue to yourself. Let me hold your hands, cry with you and pray with you. You can reach me through this email [joyceebere@gmail.com](mailto:joyceebere@gmail.com).

## STORY 8 - MY STORY

I will end this book by sharing my personal experience with depression. It was not until I was miraculously delivered during a prayer meeting that I suddenly discovered I was held bound by depression. I was going through depression for months, probably almost two years, and I did not even know. During this time, I actually had thoughts of suicide. I thought of how it would be if I were not alive. I liked the idea of how death will take away all the burden I was carrying.

Many times I would break down in tears for no apparent reason. I felt worthless. I woke up and slept in hopelessness every night. I was living in deep confusion during the day. I would often find myself overthinking to the extent that it produced headaches. I felt unloved and despised by everyone, even my own toddler. I stayed away from neighbours and friends, I felt they hated me and were gossiping about me behind my back. Within a year, I closed up my thriving business, I started a job and quit after 4 months at a time they had recently promoted me. I cut my beautiful, long natural hair and I added at least 10 kg. I was the heaviest I had been in years. I was just in a deep dark pit sinking and sinking by the second.

Now, pay attention. When I look back, there was something different about my depression experience. There was no visible external trigger. In fact I seemed to be advancing in life. I got a job in just weeks of searching, my baby was growing and developing fine, my husband was loving towards me as usual, we did not have any family financial crises, I did not lose anybody close to me, no one in my family or circle of friends had CoronaVirus (COVID-19) - a worldwide pandemic at that time. I looked just fine and flourishing in the eyes of everyone. My depression was simply an attack from Satan.

Satan was trying to kill me and he sent a demon of heaviness to me to get the job done. No wonder the bible says that Satan moves about like a roaring lion seeking whom to devour (1 Peter 5:8). He found me in a vulnerable state when the fire on my spiritual altar was very very dim. I hardly prayed or studied the bible deeply during those times, so he quickly attacked me.

Before, I used to wonder why Satan tried to kill me. And why he currently hates me so much. Now I have found the answer in John 10:10. It says he has only three (3) purposes on the earth.

1. To Steal
2. To Kill
3. To Destroy

Satan cannot help hating me because it is his very nature.

The sooner you realize that Satan hates you too, the better for you. The earlier you realize that there is a thief on your roof that is trying to break into your house, the earlier you can call the police. The sooner you realize that a murderer is knocking at your door, the earlier you know not to open it, but call for help. If you realize right now that your house is about to catch fire, you will quickly call the fire service to be on standby. Don't live in denial, Satan is after you as much as he is after every single Christian in the world today. You can only fight him on your knees and win by the grace of God. Once again, seek help now! I have made it my life's purpose to guide you through the strategy Jesus Christ used to deliver me from the prison of darkness and give me the testimony below:

***“Thou hast turned for me my mourning into dancing:  
thou hast put off my sackcloth, and girded me with gladness;”***

***Psalm 30:11 KJV***

May the grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you forever and ever, Amen.

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