

ALL CHRISTIANS' FELLOWSHIP INTERNATIONAL

DEPRESSION IN THE MIND OF A LEADER

Dear Brethren,

Calvary greetings to you in the most wonderful name of Jesus Christ, who has grouped us together as an integral part of His Regiment in this nation.

Praise be unto Him for releasing a thought of you into my mind that, I may exhort you in this manner at this time. I may not really know why, but I know that He understands what you are spiritually going through at this moment. Nevertheless, one thing I'm sure of Him is that, if He allows you to pass through fire, He will be right there with you (Shadrach, Meshack and Abednego – Daniel 3). And you must remember that God has the answer for His fatigued soldiers, tired workers and depressed leaders of the flock. Though we tend to overlook the fact that, God has made us responsible for our own perfection, not just for the perfection of others.

DEPRESSION

The state of depression is a state of disease. There are many causes for depression. Satan is the mastermind back of them all. He harasses the saints, fosters worry, anxiety, fear, and relentlessly wages war against "the peace of God" in the heart of every Christian. His aim is a lethal blow at the "sound mind".

Webster's dictionary defines depression as "The act of pressing down, or the state of being pressed down, a low state." The meaning of discouragement is quite similar, "A sinking of the spirit, a state of sadness; want of courage or animation, as depression of the mind." Depression and discouragement rob the heart of calmness and confidence. They are deadly killers of spirituality.

SATAN'S DEPRESSION STRATEGY

The subtlety, of Satan needs to be noted in Jonah's cause for depression. He was so low in spirit that he prayed, "O Lord, take, I beseech Thee, my life from me; for it is better for me to die than to live" (Jonah 4:3). The groundwork for the Prophet's depression was an eruption of self-pity that he did not deal with. Jonah was in love with his reputation. When God's goodness spared Nineveh, Jonah thought his reputation as a prophet was shattered.

He had told them they were to be destroyed and now God is merciful to them. Instead of rejoicing in God's work in the hearts of the Ninevites, he could not face the loss of face. It is a sweet display of God's grace to read the last chapter of the book of Jonah. God took time to develop circumstances so that He could reason with Jonah. Do not ever forget it, God is reasonable. He will gladly discuss with you the reason for your depression, if you are experiencing such a time. He will also provide the solution, the blessed remedy for it.

Satan strikes with depression when it is least expected. Listen to the sad, mournful words of the dear man of God, Elijah, "But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree. And he requested for himself that he might die; and said, it is enough! Now, O Lord, take away my life.." (I Kings 19:4). Who would have ever thought that Elijah would become discouraged immediately after his amazing action in the destruction of the prophets of Baal? His guard was down. He was not walking "circumspectly." Never take victory for granted.

God's message to Elijah was, "Yet I have left me seven thousand in Israel, and the knees which have not bowed unto Baal, and every mouth which hath not kissed him" (I Kings 19:18). Though, he was given tender loving care in this time of depression. He was ministered unto by God, angels and Elisha. So often depressed ones feel they are of no use to God, family friends or Church. That is not true. As someone has so aptly stated it, "God delights to restore each depressed soul to a sphere of usefulness." He knows of the depression in each victim. He knows the exact prescription for each troubled mind.

THE SURE CURE

"Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your request be made known unto God and the peace of God which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7). The truth of this verse heals depression.

"BE ANXIOUS FOR NOTHING..." That is a command. If anxiety is present, it must be given over totally to the Lord. There are no reservations allowed. "Be anxious for nothing" means nothing, absolutely nothing. Health problems, wayward loved ones, financial difficulties and frustrating circumstances are some provokers of anxiety. Do not be anxious about them or about anything else.

"IN EVERYTHING, BY PRAYER AND SUPPLICATION..." Here is another absolute—"...in everything ... " Pray about everything. Do not think you are bothering God with inconsequentially. He sees every little sparrow that falls. He knows the number of the hairs on our heads. Sometimes it is the little things that are the big enemies. It is the "little foxes, which spoil the vibes..." (Songs of Solomon 2:15).

"WITH THANKSGIVING..." Thankful hearts never blame God for stressful times. Make the line of thanksgiving to God a hot line. God inhabits the praises of His people (Psalm 22:3). Thanksgiving and praise to God are gloom chasers. We are to wear, "the garment of praise for the spirit of heaviness..." (Isaiah 61:3).

When the Scripture is carried out to its fullest extent, the absolute result is, "The peace of God shall keep your hearts and minds through Christ Jesus." There is no doubt about God's keeping ability. It will be your daily portion, if you allow Him to minister to your need. The pained expression, the harrowed look will disappear. "They looked unto him and were radiant, and their faces were not ashamed" (Psalm 34:5). Sweet peace and joy will reign in sunshine of storm.

There is "a rest to the people of God" (Hebrew 4:9). There is victory for the people of God, "And this is the victory that overcomes the world, even our faith" (I John 5:4). There is perfect peace for the people of God, "Thou wilt keep him in perfect peace, whose mind is stayed on thee because he trusteth in thee" (Isaiah 26:3). All of these rich inheritances and many more, are treasures for His people. Let us claim them at once and without delay that Satan may not drive us out of God's will for our individual lives.

Furthermore, depression can follow spiritual success as easily as spiritual failure. Sherman Owens in his great book "Ladder to the Top", says "We want the fruit, but we are not willing to get out on the limb. We don't want to build an ark; we just want to know how to miss the flood." Nothing in your past will change for better until you stop looking for an escape and start taking initiative that leads to solution. Escape is "the way out," solution is "the way up!"

The toughest decision you'll ever make is accepting responsibility for what you are in life and even in the Ministry. Life is a school, a never-ending education. The issue is not the mistakes made in the past but what you learn from it. Built into every regrettable experience is the wisdom to build a better future. You must note that unlike Salvation, which is the work of a moment, Maturity is the work of a lifetime! You didn't get into this shape overnight (2 Corinthians 3:18). You're going to be working on this for the rest of your life, so get rid of your 'microwave mentality' for God has granted you the Spiritual Authority to subdue and charm those rattled human snakes in life and in your Ministry.

It is my prayer that God may grant you patience to study and the ability to understand this note that you may make use of the wisdom contain in it and be better able to prove your Ministry before man and God.

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