



The emotional and mental condition of people is worsening. The pace of life and the diverse demands being made on people in these post-modern times are wrecking the stability of folk globally.

Christians are not Immune

If a believer or atheist should cut a finger both bleed, because both are human. Being a Christian does not immunise you from human ills.

Understanding Depression

The uninformed are inclined to dismiss depression or it's variants as a weak mind or simply the product of negativism. The Bible, along with scientific research, highlights the minds vulnerability. Several Bible characters suffered from the effects of stress and anxiety:

Moses: was a melancholic who doubted himself and suffered from an identity disorder some would call abandonment syndrome - **Exodus 4:10-16** "Moses said to the Lord, "Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." The Lord said to him, "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? Now go; I will help you speak and will teach you what to say." But Moses said, "Pardon your servant, Lord. Please send someone else." Then the Lord's anger burned against Moses and he said, "What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and he will be glad to see you. You shall speak to him and put words in his mouth; I will help both of you speak and will teach you what to do. He will speak to the people for you, and it will be as if he were your mouth and as if you were God to him."

Elijah: could very well have been labelled a victim of acute paranoia or a propensity to mistrust others. **1 Kings 19:4** "While he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

- * Neuro-chemicals (trillion cells) **Psalms 139:14** "I praise you because I am fearfully and wonderfully made, your works are wonderful I know that full well."
- * Dopamine —Euphoria
- * Serotonin —Contentment
- * Oxytocin —Feelings of love
- * Low Gaba —Anxiety (gamma aminobutyric acid)

There are 60 neurochemicals and transmitters required for brain function, with millions of cells affecting mood.

Increase Levels

- Sleep approx. 8 hours
- Sun—Vitamin D
- Exercise
- Music
- Deep breathing.

Post-Trauma Malady

Narrative therapy alleviates the mind of toxic images.



Response to confrontation—Fight, Flight or Freeze

There are many causes for anxiety, worry, stress and depression.

Thought Management—Thoughts—Emotions— Feelings—Action—Habits—Lifestyle.

Bible References:

Psalm 139:14 - see page one.

Matthew 15:18 “ *But the things that come out of a person’s mouth come from the heart, and these defile them.*”

Jeremiah 17:9 “*The heart is deceitful above all things and beyond cure. Who can understand it?*”

2 Corinthians 4:4 “The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.”

Romans 1:21 “*For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.*”

Romans 12:2 “*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*”

Philippians 4:7 “*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*”

How to Think : Philippians 4:8-9 “*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.* “

Pull Down Strongholds : 2 Corinthians 10:3-5 “ *For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*”

Identify the strongholds in your life:

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Inspiration from Psalms: Ps 13:5-6, Ps23, Ps27:1-3, Ps31:1-5, Ps34:1-3, Ps40:1-5, Ps46:1-5, Ps71:1-3, Ps102, Ps103:1-2, Ps 121, Ps142.

Capture the thought

Break the chains of imaginations, cause them to bow in submission to Christ—**Isaiah 26:3** “*You will keep in perfect peace those whose minds are steadfast, because they trust in you.*”

