

“Lies Women Shouldn’t Believe” – Week 3

Nov. 18, 2016



Myths and Lies

Lie: a false statement with deliberate intent to deceive; an impostor, sometimes hard to because it is concealed so well.

Myth: a widely held but false belief or idea.

Emotional Health - Depression

Myths:

- True believers do not become depressed
 - Depression equals a lack of faith
 - Depression is mental not physical
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- Depression is defined as the physical and emotional result of hopelessness – the ‘feeling’ of hopelessness. We live in a world devoid of hope, and depression is the emotional product of that reality.
 - Myths and misconceptions about depression and mental illness in general have created a strong stigma. Stigma – marked with disgrace, dishonor, shame.
 - Depressed Christians feel guilt and shame as if their state was their own fault. They feel that they are sinning or lacking in faith.
 - They fear that other Christians will judge them as being weak and unspiritual, and unfortunately, their fears are often justified.

- Depression can drain your energy, create burdens, and gnaw away at your mind. It crushes our spirit (Proverbs 15:13) and leads to hopelessness and despair.
- Depression is often a response to discouragement, grief, or emotional pain. When we are depressed, we tend to isolate ourselves.

Unfortunately, we are often separating ourselves from people who could encourage us and correct any distorted ideas we may have. Despair and heaviness is everywhere. Last year, there were over 33,000 suicides in the United States.

Depression is only a temporary state. We may cry through the night, but joy comes in the morning (Psalm 30:5). The only thing that will actually change your life is God's hope and His Word of hope and to activate it in your life.

- Hope will let you again see the 'future positive possibility' of your life.
- Without seeing it you will have no motivation or strength. Anyone who is among the living has hope.
- God's hope encourages, motivates, and keeps you on the road to faith, peace, and victory.
- God does not want you to just **manage your depression**, He wants you to be totally FREE.
- Don't believe the lie that you are alone, or that God doesn't understand how you are feeling.
- A huge aspect of being hopeless is being purposeless.
- In the darkness of despair, you can lose sight of your capabilities.
- Find your purpose in God and you will go a long way to regaining your hope.
- You were made to have value, and you release your value when you value others, and you value others by serving them. In helping others light comes. Your purpose is found in finding your appointed service in God.
- Through the act of giving to others, God will give to you.
- You'll regain your value as a person.
- This is what we were made to do.

Scriptures

- Anxiety in a man's heart weighs it down (depression), but a good word cheers it up. [Proverbs 12:25](#)
- [Deuteronomy 31:8](#) – The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
- And the LORD will continually guide you, and satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail. [Isaiah 58:11](#)
- Those who look to Him for help will be radiant with joy; no shadow of shame will darken their faces. [Psalms 34:5](#)
- Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended: but this one thing I do, **forgetting those things which are behind, and reaching forth unto those things which are before,** I press toward the mark for the prize of the high calling of God in Christ Jesus. [Philippians 3:12-14](#)
- For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. [Psalms 30:5](#)
- "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." [Matthew 11:28-30](#)
- Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I. For You have been a shelter for me, a strong

tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. [Psalm 61:1-4](#)

- [Hebrews 12:2-3](#)

Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, **despising the shame**, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

- [Isaiah 53:3-4](#)

He is despised and rejected by men, **a Man of sorrows and acquainted with grief**. And we hid, as it were, our faces from Him; **He was despised, and we did not esteem Him**. Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, **and afflicted**.

- Jesus Christ gave up His spirit glory to live and die as a human. He experienced the same emotions and turmoil you and I face. He can definitely relate when we are depressed. The night before Jesus was crucified, **He was overwhelmed with what was about to happen to Him**. He pleaded with the Father for another way. The Father comforted Him by sending an angel to strengthen Him ([Matthew 26:38-44; Luke 22:41-44](#)).