

Depression

I am depressed.

There are reasons I am depressed and they are valid reasons.

My depression is telling me that something is bothering me about the way I am living my life.

While it is very painful it may help me to understand myself better.

I am going to learn something from this experience of being depressed and I am going to feel better.

Philippians 4:5-9

“Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Jesus Christ. Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is any thing praiseworthy – meditate on these things. The things, which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”

First Corinthians 13:1-8

“Though I speak with the tongues of men and of angels, but have not love, I have become a sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing.

And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bear all things, believes all things, hopes all things, endures all things. Love never fails.”