



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Reversing the Downward Spiral of Depression

What does depression look like? Often it is what it “feels” like. A person may feel buried, burdened, disheartened, discouraged, chained, sad, introverted, frustrated, helpless, powerless, pressed down, angry, and hopelessness.

Keys to Reversing the Spiral

The Bible records in 1 Kings 19 a story is recorded how A man named Elijah, right after a successful event, had a very struggle with depression.

- He came apart for a retreat from the situation (verse 3).
- He took a recuperative rest (verses 4-5).
- He engaged in a healthy diet (verses 6-7).
- He participated in exercise and purposeful activities (verse 8).
- He cultivated a healthy inner life of faith with spiritual activities, as in devotions and church. This affirms and provides faith support. (verses 9-14).
- He developed goals, direction, and hope for the future (verses 15-18).

Keys to Maintaining Peace, Health, and Victory

Let us take a look at some steps that we can do to reverse the debilitating effects of depression:

- Magnify the Positive above the Negative- focus on the good in your life. Rejoice and be thankful (Psalm 34:1-4)!
- Believe Only the Truth- throw away any lies (Proverbs 23:25; John 8:31-32, 36).
- Family Time- spend frequent time around others who will build you up not tear you down (Acts 20:31-32; Acts 2:41-47).
- Thought Life- if you find yourself thinking, dwelling, or imagining down darker paths- stop and take control (2 Corinthians 10:4-5; Romans 12:2).
- Ask for help!

Victory is obtainable if you are diligent and do not lose heart. Keep performing these steps until they are a discipline of these healthy habits (Galatians 6:8-9).

The ultimate goal is for you to find yourself with increasing freedom so that you can, in turn, help others yourself (2 Corinthians 1:3-4).

Introducing your Community Chaplain

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“The liberal soul shall be made fat: and he that watereth shall be watered also himself.”

Proverbs 11:25

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