

Under Attack

- I. Introduction: Satan has declared war on us.
Revelation 12:17
- II. The Attack of Depression
 - 1) Being depressed does not mean that we are not good Christians.
 - 2) Depression can be inherited.
 - 3) Depression can be caused by a chemical imbalance. Medication can be a blessing.
 - 4) Depression can be caused by a Vitamin B1 (Thiamine) deficiency.
 - 5) Exercise can help with depression.
 - 6) Music combined with meditation and comfort verses can bring welcome relief.
 - 7) Helping someone else is a wonderful way of distracting depression.
 - 8) Satan can use depression to attack us.
- III. The Battle in and for the Mind.
 - 1) **2 Corinthians 10:3-5** speaks of casting down imaginations and through prayer bringing every thought into the obedience of Christ. We don't have to think every thought that Satan puts in our head.
 - 2) **James 4:6-10** speaks of submitting to God and resisting Satan. God resists the proud but gives grace to the humble.
 - 2) "The surrender of all our powers to God greatly simplifies the problem of life. It weakens and cuts short a thousand struggles with the passions of the natural heart." *My Life Today, page 6*
 - 3) **Isaiah 57:15** The two places where God dwells. He revives the humble.
 - 4) **Philippians 4:6-8** The need to fill the mind with positive thoughts.
 - 5) **Colossians 3:15&16** speaks of singing with grace in our heart.
 - 6) The four lessons taught in **Psalms 42**.
 - A. Encourage the mind to talk to the heart or emotions. **Verse 5**
 - B. "I shall yet..." This negative situation with its depression will pass. **Verse 5**
 - C. Praise will come. **Verse 5**
 - D. If depression reoccurs, repeat steps A, B, and C. **Verses 6-11**
 - 7) **Habakkuk 3:17-19** Even when we have every right to be depressed - rejoice in the Lord anyway and He will put us back in our high place.