



## **Battling Depression**

**According to the American Psychiatric Association, their definition of Depression, is as follows:**

### **Depression:**

(major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.

Fortunately, it is also treatable.

Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed.

It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

### **Depression symptoms can vary from mild to severe and can include:**

- A. Feeling sad or having a depressed mood
- B. Loss of interest or pleasure in activities once enjoyed

- C. Changes in appetite — weight loss or gain unrelated to dieting
- D. Trouble sleeping or sleeping too much
- E. Loss of energy or increased fatigue
- F. Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
- G. Feeling worthless or guilty
- H. Difficulty thinking, concentrating or making decisions
- I. Thoughts of death or suicide

### **The daily attacks from Satan our Adversary:**

Satan or the Devil; his names both mean that he's our adversary, that he is antithetical to everything for which Jesus Stands for ....

his main purpose is to to keep you down, to make you feel ashamed of yourself, to condemn you, to place doubt daily in you, that you are worthless, that No-One loves you, that No-one is going to want to help you, that Jesus doesn't love or care about you ....

**And his main mission is: To Keep You Away from Christ!**

**Would you walk with me, and let's go back to the Garden of Eden, as found in the book of Genesis;**

## **The Fall**

**3** Now the serpent was more crafty than any of the wild animals the Lord God had made.

He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

## **Ephesians 1:4-5 (NIV)**

**4** For he chose us in him before the creation of the world to be holy and blameless in his sight.

In love **5** he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will

**What is Satan's one and only mission on this earth?**

## **1 Peter 5:8 ( NIV )**

**8 Be alert and of sober mind.**

**Your enemy the devil prowls around like a roaring lion looking for someone to devour.**

## **John 14:1-7 (NIV)**

### **Jesus Comforts His Disciples**

**14** “Do not let your hearts be troubled. You believe in God; believe also in me.

**2** My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?

**3** And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

**4** You know the way to the place where I am going.”

### **Jesus the Way to the Father**

**5** Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?”

**6** Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

**7** If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”

**What are some of the Hurdles, that at times keep people from getting HELP:**

**Pride, Fear, No-Emotional Support, Not being Loved, No-Self Worth, Addictions, Shame to ask for Help, Afraid of the Medications, Hard to Open up to a ( Doctor ) that's unknown to you, Satan attacking you, daily telling you it won't work, Your family finding out that your seeing a psychiatrist, Ashamed of what our friends, neighbors, extended family members, professional Acquaintances, Co-workers, will say.**

Humiliation, that our friends and Co-Workers that will find out what's going on in our lives and ridicule or ostracize us.

Fear of loosing a Job; First Responders, Military,

Fear of loosing a partner

Fear of loosing or what their kids may think of them

Friends, there's no-shame in getting help from a professional who specializes in mental illness.

There's absolutely no difference in going to see our general physician, or going to see a mental therapist.

**So, how to we do Spiritual ( UCF- Style - Submissions LOL ) on Satan, when he attacks us:**

**The Response that You will give Satan, when he creeps in on you, and tries to “ submit you,” staying with our Brazilian jitsu theme, is the same response, that Eve, in the garden of Eden should’ve responded to satan:**

**You Tell Satan: Away from me, satan, -  
in Jesus’ Name !**

**James 2:19 (NIV)**

**19** You believe that there is one God. Good!

Even the demons believe that and shudder.

**So, based on what we just read in James 2:19;**

if you have to say 100 times a day, “ Away from me satan,” you say it, and before you know it, Satan will be a thing of the past, and you’ll be on the road to recovery and turning a corner to live the Life you’ve always wanted and that God wants you to have; live, and enjoy

I dedicate this Bible Study to Attorney Richard Sharpstein and Attorney Ervin Gonzalez, and to everyone that is thinking about committing suicide, or to those that have lost a family member, friend, partner, kids, parents, our 1st Responder(s), USA Military and their families ... Jesus will make a way for you!

## **1 Pet. 5:6-7 (NIV)**

**6** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

**7** Cast all your anxiety on him because he cares for you.

# Friends, Jesus is the Answer!



**Please Remember:**

**You cant buy your way into heaven or out of hell!**

Rev. Jesus Del Rio ED