

## ***Depression and Encouragement***

***Depression:*** *The act of depressing or a state of being depressed: a pressing down, lowering, a state of feeling sad, rejection, and the reduction in activity according to amount, quality, or force applied.*

*Depression has many affects including the lowering of one's vitality or functional activity. The root cause of depression is the focus on one's self, a self-centered concern that overrides any interest, empathy or general concern for others.*

Numbers 21:4 And they journeyed from mount Hor by the way of the Red sea, to compass the land of Edom: and the soul of the people was much **discouraged** because of the way.

***Discouraged*** # 07114. *kaw-tsar'*; *to curtail, cut down, depress, to grieve, mourn, shorten, straiten, trouble, vex. To be disheartened, dispirited, downcast, depressed, dejected, unenthusiastic.*

Exodus 6: 9 And Moses spake so unto the children of Israel: but they hearkened not unto Moses for **anguish of spirit**, and for cruel bondage.

***Anguish*** # 07115. *ko'-tser*; *shortness of spirit, impatience, torment, agony, distress, grief.*

Deuteronomy 1:21 Behold, the LORD thy God hath set the land before thee: go up and possess it, as the LORD God of thy fathers hath said unto thee; fear not, neither be **discouraged**.

***Discouraged*** #02865. *khaw-thath'*; *properly to prostrate; hence, to break down, either literally by violence, or figuratively by confusion and fear: abolish, affright, be afraid, amaze, beat down, dismay, scare, terrify.*

*All three scriptural examples advocate looking to the future toward the goal, the reason for one's journey or purpose in life, rather than focusing on the immediate, often uncomfortable situation one is experiencing. It is only when we take our focus off the goal that we become discouraged. We start looking at self and the lack of immediate reward or satisfaction instead of focusing on the calling to self sacrifice in order to achieve the goal ahead. If we understand our calling...the overcoming of self, we know our walk is not only for our self, but for the uplifting of others so they would avoid experiencing such hardships. We walk to serve Yah who called us to follow His way to live, "the give way," that promotes outgoing concern for others. We must not look down and focus on our own discomfort, but look ahead to the reward of the kingdom to come.*

Isaiah 42:1~4 Behold my servant, whom I uphold; mine elect, in whom my soul delighted; I have put my Spirit upon Him: He shall bring forth judgment to the Gentiles. He shall not cry, nor lift up, nor cause His voice to be heard in the street. A bruised reed shall He not break, and the smoking flax shall He not quench: He shall bring forth judgment unto truth. **He shall not fail nor be discouraged**, till He have set judgment in the earth: and the isles shall wait for His law.

*Isaiah is speaking of Our Lord Yahshua who did not become discouraged or fail to see His calling. He was focused on the future goal. We are to be like Him in all ways so we may achieve our future goal, "our resolution." The opposite of depression, sadness, and misery is happiness, gladness and joy. To create that environment within yourself and others, we need encouragement.*

***Encouragement*** *inspires with courage, spiritual hope with a promise of reward, being spurred on, so motivated to give help and or aid to foster a positive outcome. Just because we are a child of God does not equate to being void of problems. Yahshua is inspired to lift us up with His encouragement as stated in*

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; **I have overcome the world**.

*The problems we encounter in our walk make us stronger as we learn from our mistakes. Encouragement is available to us if we think before reacting through the use of a little problem solving and applying faith. The strong people, those with a living faith, have the capacity to weather the toughest life disturbing storms. This faith requires activation or simply put...**action**.*

*The following four basic steps deal with mitigating problems:*

- ***The first step is to put your problems into perspective.***

*The trials that you are going through at that moment seem to be the worst. Your whole world is coming down or it just feels that way. But chances are that you have faced worse and that right now is not the worst thing that could have happened. No matter how bad it is, it could always be worse. Be thankful it's not.*

- ***The second step is to learn to solve and manage problems.***

*There is not always a simple solution for every problem, but every problem can be managed positively. To do so it is necessary to take charge and control your problems. But first we must take control of our emotions with "possibility thinking," a process that manages our ideas. **Possibility Thinking** focuses not on time management, money, energy, or people, but on the management of ideas that reject negative thoughts, impossibilities associated with our problems. Instead "PT" seeks the potential for finding something good and constructive in every problem. In using "PT," every problem is shown in the light of an opportunity to excel. In the Book of Genesis, Joseph expressed this kind of thinking to his brothers who had sold him into slavery.*

Genesis 50:19~21 And Joseph said unto them, Fear not: for am I in the place of God? **But as for you, ye thought evil against me; but God meant it unto good**, to bring to pass, as it is this day, to save much people alive. Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them.

Philippians 1:12~14 But I would ye should understand, brethren, that the things which happened unto me have fallen out rather unto the furtherance of the gospel; So that my bonds in Christ are manifest in all the palace, and in all other places; And many of the brethren in the Lord, waxing confident by my bonds, are much more bold to speak the word without fear.

- ***The third step is to be open to the positive ideas God will place in your mind.***

*Bringing your needs to Yah in prayer produces positive ideas through one's faith. Be proactive, setting your imagination free from the fear of failure that has at one time or another plagued all of us. Think bigger than you have ever done before! Free yourself from self pity, the immediate dim outlook, and look up to see what "possibilities" may be coming your way. This process must begin by believing that God wants to give you the wisdom you are seeking. Through trials He may give you the gift of creativity to become more like Him...but only if you act in response.*

James 1:5~8 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways.

- ***The fourth step is to take action on the positive ideas God places in your mind:***

*People who are successful in triumphing over tough times are those that never stop believing. They have faith shown by their actions because their hearts and minds are focused on God. They hear that quiet still*

voice of Yah's that guides their lives. They respond with a positive action by doing what they heard. Many if not all of us will reply to a request requiring an action directed to us. But it's how we reply in answering a request that makes all the difference for example: "Look...I have been given an opportunity to serve, (positive), verses a negative attitude, "why me, could you not ask someone else?"

*Reacting is often uncontrolled. Why? Because the self, led by feelings and emotions, becomes consumed with defending our action directed against them, often provoking a negative response. To avoid this emotional pitfall, we should pause, not immediately defend our position and evaluate. Hopefully in that interim we will develop a thought out reason of why such words or actions were initially inappropriate. This manner of reflection in responding allows us the opportunity for Yah's Spirit to lead us as we learn to heed His quiet still voice. One cannot hear Yah's quiet still voice if we are engaged in shouting, fully engrossed within ourselves.*

*Scripture relates many examples of those that focused on the self, who forfeited opportunities to help others, who eventually saw their spiritual reward tragically slip away at their own expense. Our lives offer no exception to such behavior. Remember, no one can take your reward from you; you must give it up willingly, and many do, deleting the work of Our Savior in us who overcame all adversaries for us.*

Philippians 4:10~13 But I rejoiced in the Lord greatly, that now at the last your care of me hath flourished again; wherein ye were also careful, but ye lacked opportunity. Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. **I can do all things through Christ which strengtheneth me.**

*The men who are lifting the world upward and onward  
Are those who encourage more than criticize*

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