

CouplesInBloom.com – Mind- Versus Heart- Depression

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We need to distinguish our **heart** from our **mind**; look at what God says in the Bible:

- And among these nations you shall find no ease, neither shall the sole of your foot have rest. But Jehovah shall give you there a trembling **heart** and failing of eyes and sorrow of **mind**. ⇨ Deuteronomy 28:65 (for not following Him ⇨ Deuteronomy 28:15).

- And I will raise up a faithful priest to Myself, one who shall do according to what is in My **heart** and in My **mind**. ⇨ 1 Samuel 2:35.

- And you, Solomon my son, know the God of your father and serve Him with a perfect **heart** and with a willing **mind**. For Jehovah searches all hearts and understands all the imaginations of the thoughts. If you seek Him, He will be found by you. But if you forsake Him, He will cast you off forever. ⇨ 1 Chronicles 28:9.

- Examine me, O God, and prove me; purify my **heart** and my **mind**. ⇨ Psalm 26:2.

- But, O Lord of Hosts who judges rightly, who tries the **heart** and the **mind**, let me see Your vengeance on them. For to You I have revealed my cause. ⇨ Jeremiah 11:20.

- But when his **heart** was lifted up, and his **mind** hardened in pride, he was put down from the throne of his kingdom, and they took his glory from him. ⇨ Daniel 5:20.

Depression can be in the **heart** or just in the **mind**. This battle starts in the **mind** but is **FOR** the **heart**. Depression of **mind** is normal as seen in Bible characters, and helps us seek and find God ⇨ Psalm 119:71. Depression of **heart** is **abnormal** and involves evil. Everyone gets bad thoughts (Jesus did ⇨ Hebrews 4:15), but they become sin if our heart embraces / enthrones them ⇨ James 1:12-16. Lucifer's **heart** evicted him from Heaven ⇨ Isaiah 14:13; the **heart** is the most prized, and the **mind** is what accesses the **heart**.

Depression of **mind** is resolved by God being enthroned in the **heart**, and is how ⇨ Romans 12:1-2 works (depression of **heart** is different; see below). **It helps to learn that depression is a whore**; this is why: depression controls people, makes them seem selfish, and drains (even repels) others. "And, behold, there a woman met him, with the dress of a harlot and a guarded heart." ⇨ Proverbs 7:10. "...With her much fair speech she caused him to yield, with the flattering of her lips she forced him. He goes after her immediately, like an ox goes to the slaughter... until a dart strikes through his liver; as a bird hastens to the snare and does not know that it is **FOR** his soul (his **heart** *literally*)" ⇨ Proverbs 7:11-23. A guarded heart (good **or** evil) is strong; this is how ⇨ Philippians 4:6-7 works.

Depression of **heart** cannot be resolved like depression of mind is, because God is **not** strong there to fight (depression is). Depression of **heart** is resolved by God **becoming** enthroned there, evicting whore of depression, and **becoming** the **heart's lover**. God *understands* the mind, *searches* the heart, but *reigns* the **willing mind and** the (*literally*) **quiet heart** ⇨ 1 Chronicles 28:9. Isaiah 61 ⇨ *literally* is for the depressed of **mind** and broken of **heart**, but merely being depressed of **heart** does not bring God's healing: **God** brings God's healing. Our **heart** reveals who is inside: the taking **whore of depression** or giving **God of love**. Proverbs 7:24-8:34 ⇨ goes on to tell us to intelligently hear (using our **mind**) God daily so our **heart** avoids the whore's path and subsequent depression. ♥