

CouplesInBloom.com – Whole Depression

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The word *depression* reminds us of the worldwide problem of negative emotions which overcome and destroy people. Emotional depression is actually a perversion of something good, which for now we will call **whole depression**. The Bible has real life examples and explanations of both emotional- and whole- depression so we can live well.

The word *depression* in the Bible literally refers to a *place made low*... even *to make room for* something else. Both kinds of depression make room for very different things:

Emotional depression:

I am out of control.

I am stolen from.

I am cursed.

I am confused.

Whole depression:

I am in control.

I give to another.

I am blessed.

I understand.

Owning **whole depression** deconstructs / disassembles / disables *emotional depression*:

When we are depressed, we can feel too weak to think, care, or act; so *hopelessness* overtakes us. Hope is one of the three greatest things in life!! ⇨ 1 Corinthians 13:13, so if it is gone, life feels very bad! Faith has *substance* and love is *much-ness* from God, but hope depends on a *promise*. Hope deferred makes our heart sick! ⇨ Proverbs 13:12. It is like a storm during a draught that does *not* give the much needed rain! ⇨ Proverbs 25:14.

Depression happens when *something is wrong or missing*. This happened to Elijah, the Old Testament prophet ⇨ 1 Kings 19. God: *a*) helped Elijah's body, *b*) showed Elijah how God could strengthen his body, *c*) quieted Elijah's mind, *d*) told Elijah what to do, *e*) got Elijah a helper, *f*) strengthened Elijah to train his helper, and *g*) got Elijah his missing help. *Every one of God's responses to Elijah is his depression were instructive actions!*

Whole depression is a chosen lifestyle that consists of the same *instructive actions* which help people with *emotional depression* and living this way builds a wall of defense against *emotional depression*. Jesus lived this way, and when He had to face severe depression, His years of investing into **whole depression** were clearly part of the victory.

Philippians 2:5-8 ⇨ “For *let this mind be in you which was also in Christ Jesus*, who, being in the form of God, thought it not robbery to be equal with God, but made Himself *of no reputation*, and *took upon Himself the form of a servant*, and was made in the likeness of men. And being found in fashion as a man, He *humbled Himself* and became obedient unto death, even the death of the cross.” Jesus knew the value of whole depression, that it was very hard at times, but was absolutely worth it ⇨ Hebrews 5:7-9.

Biblically, humility is literally a form of (whole) *depression*. Humility is not something we do; it is someone we make room for... so we can support *them*. This is how depressed people are **helped**, and is also how depression is **defeated**: choosing good prevents being overtaken by evil ⇨ Romans 12:21. It works when chosen as a lifestyle.

Emotional depression ultimately **kills by selfishness**. **Whole depression** and its *going low to make room for* someone else **revives by serving**. From the first five words of the Bible to Jesus' life, the message is: God's love serves, heals & brings wholeness. ♥