

## **Depression Causes not known?**

If you do not know the cause of the depression it is possibly a clinical depression which you would need a health practitioner for. It is very likely a Spirit of Depression.

A spirit of depression is just that it is a hindering or afflicting spirit, and it needs to meet with strong spiritual authority. It needs to be cast out or praised out or both.

Have you had a depression when everything situationally is fine. Finances, marriage, etc are all fine and you are even more blessed than ever?

First do you have unresolved sin in your life? Yes deal with the sin and see if the depression does not leave

If the answer is no it is a hindering spirit and needs to be cast out in the name of the LORD the only saving name under heaven.

The only saving name is Jesus in the English tongue. Reverence and respect that name as it carries  
**all authority in heaven and in earth.**

Here let me put a prayer of mine for you on here to help deal with that

I bind this spirit of depression and command it to leave even if lawfully there by the name of Jesus

A spirit of depression must be bound and rebuked as it does not leave of its own accord. Is it still there then you will need a Holy Ghost filled person to aid you.

## **Overcoming Depression**

In order to overcome depression you must identify what type you are dealing with and take action

Wait a minute you say what about coping with it? Would you cope with a poisonous snake or kill it and overcome it. You only "cope with it" long enough to overcome it. Maybe you have had something happen and they say you will never walk again do you just give up or do you try to walk anyway. As for me it is walk anyway.

If depression is not dealt with it can help lead to worse things anger and suicidal thoughts and such It can lead us to do things that cause us to be more depressed than before.

Or we can recognize what type of depression we are dealing with and hit it head on.

# **Depression and Life is Down**

## **Depression Being Cast Down in your Soul.**

**What causes depression?**

**What are some types of depression?**

**How do I cope with it?**

**How do I overcome it?**

## What Causes It?

I feel like doing nothing. I have a do nothing attitude and I have a bad day.

You are depressed. The problem is not depression but what you do with it. Will you be depressed in life? Yes you will it is normal to be in certain circumstances It is not desirable but normal for your soul to be cast down within you. This however should not be a permanent thing where you never are happy again. There is a great danger in depression though as it drops your natural and sometimes spiritual defenses. Do not think that depression is harmless just because it is natural to this life. I can assure you there were no causes of depression until sin entered the world.

Causes can be chemical,situational, spiritual. Yes I said spiritual much of what goes for clinical depression is actually spiritual Causes can be mixed as well.

This is just to give you an idea of some of the causes of depression. In order to figure out how to overcome it. We must ask questions to see what type or types we have.

It is important to know why you are depressed.

## Ask yourself these questions

### Why am I depressed?

If you can not answer that then it is usually a chemical or spiritual cause for the depression.

If you can answer this question it may be a horrible life situation.

**Examples but not limited to are you lost your job and can not pay your bills.**

A spouse filed for divorce. A close friend or spouse betrayed you.

A loved one died. You are homeless. All of these life experiences I have felt and they hurt and they hurt and some still do. There is no magic pill to cure situational depression. The best thing I have found is to tell someone you trust you are depressed and to take measures to make sure you do not do things to cause you to be more depressed. Also see if there are things you can do to be less depressed. Praise and prayer works for me and gives me comfort even though it does not always change the situation itself.

### How long have I been depressed?

How long have you been depressed? Is it just a few hours, days, or months? Whatever causes the depression can morph and grow and cause you to be depressed way past the time you should be over it. Confession I have had that happen and depression lingers if you allow it.

### Would my best friend be depressed if ?

Ask yourself if your best friend would be depressed in your condition. If the answer is no then it is time to rethink why are you depressed.

## Coping with situational depression.

Do something anything that causes activity  
Do something to engage the mind to not think about the depression

Call a friend

Listen to uplifting music

Think of someone who had or has it worse in life then you.

Think of the Savior went from a miracle working ministry and then to being despised beaten and betrayed.

### Chemical Depression

Alcohol

Yes I said Alcohol can cause depression as it causes you to choose things you would not do and also it is a depressant.

Chemical imbalance in the body etc..

You need a qualified Health Practitioner to deal with this type of depression if it is caused by a chemical imbalance.

Knowing where the depressions comes from is half the battle. However, what if you do not know?