



Fresh Start to Freedom

Getting Your Whole Heart Back

Session 1	Free From The Message Of The Arrows
Session 2	Free From The Arrow Of Pride
Session 3	Free From The Arrow Of Shame
Session 4	Free From The Arrow Of Fear
Session 5	Free From The Arrow Of Rejection
Session 6	Free From The Arrow Of Anger
<i>Session 7</i>	<i>Free From The Arrow Of Depression</i>



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FREE FROM THE ARROW OF DEPRESSION

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in
God...”

Psalm 42:5 (NIV)

I. FREE FROM THE ARROW OF DEPRESSION

A. DEPRESSION – *AN ISSUE OF HOPE*

Psalm 42:5

B. DESCRIPTIVE WORDS WHICH CHARACTERIZE DEPRESSION

1. Feeling “Blue”
2. Discouraged
3. Heavy-hearted
4. Downcast
5. Despondent
6. Dread
7. Despair
8. Hopelessness

C. WHAT ARE SOME CAUSES OR CONTRIBUTORS TO DEPRESSION?

1. The Physical Factor

- a. Insufficient sleep/rest
- b. Sickness/disease
- c. Hormonal or chemical deficiency or imbalance
- d. The ingestion (especially in excess) of certain food/drink products
- e. Side effects of certain medications

2. The Soul Factor

- a. What you think about or focus upon (it becomes “reality” to us)
- b. What you believe (we need truth, the Word, & others around us who will speak truth into us)

- c. Significant events, losses, high stress issues, prolonged conflict, prolonged sickness (self or “significant other”)
- d. The attack of our “adversary” (he is the enemy of your soul)

D. DEPRESSION CAN RESULT WHEN:

1. You Have Not Resolved Your Past

- a. Offenses and unforgiveness
- b. Grief over losses
- c. “The Message Of The Arrows” (all can lead to or trigger depression)
 - 1) Pride
 - 2) Shame
 - 3) Fear
 - 4) Rejection
 - 5) Anger

2. You Are Not Allowing Jesus Christ To Be Your Sufficiency

- a. Pursuit of happiness rather than the pursuit of relational wholeness
- b. Focus on people and/or circumstances
- c. Trying to control life

3. You Are Not Putting Your Hope In God For Your Future

- a. Believing in yourself instead of believing in Him
- b. Basing your identity on your life’s experiences instead of allowing Him to define you

E. HOW TO BE FREE FROM THE ARROW OF DEPRESSION

1. Resolve Your Past. (First Things First)

- a. Repent. Believe. Receive.
 - 1) Luke 13:3
 - 2) Acts 16:31
 - 3) John 1:12

b. Forgive others.

See: **“Processing The Issues Of The Heart”** (the Fresh Start Book)

c. Resolve the grief of losses.

See: **“Processing The Issues Of The Heart”** (the Fresh Start Book)

d. Free yourself from “The Message Of The Arrows.”

1) Pride - “Agree with God about yourself and make Jesus the reason.”

2) Shame - “You are not the sum total of your life’s experiences or some defining part thereof; you are who God says you are!”

3) Fear - “Receive God’s perfect love and allow Him to take care of you!”

4) Rejection - “Reject rejection and receive your acceptance in Jesus Christ!”

5) Anger - “Fully submit to the Sovereign Will and Purposes of God.”

2. **Allow Christ To Be Sufficient In The Present.**

a. Make Jesus Your Goal.

Philippians 3:7-14

b. Give thanks in and for all things.

1) I Thessalonians 5:18

2) Ephesians 5:20

3) Romans 8:28-29

4) Psalm 50:14-15, 23

3. **Put Your Hope In God For The Future.**

a. Believe and obey His word.

1) John 8:31-32

2) John 14:21

3) Jeremiah 29:11-13

b. Identify with His life.

Galatians 2:20

c. Practice His Presence.

1) Isaiah 26:3

2) I Thessalonians 5:17

3) Philippians 4:4-7

II. APPLICATION

A. Referring to Part “B” of this session, (Descriptive Words Which Characterize Depression), which word(s) best describe the level of depression that you are feeling now? (Please circle)

B. In light of your answer to the above, please answer the following:

1. How have **you** been affected?

2. How has your relationship with **others** been affected?

3. How has your relationship with **the Lord** been affected?

Please be thorough in answering these questions and use additional paper if necessary.

GOD’S ANTIDOTE FOR THE ARROW OF DEPRESSION:

PUT YOUR HOPE IN GOD!