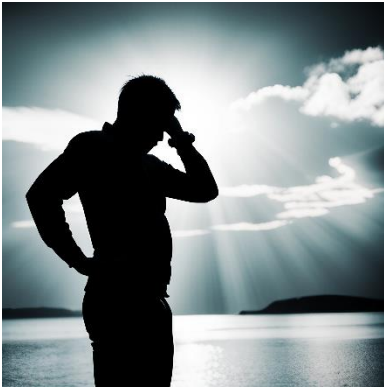


Fighting Against Depression



A few years ago, I found myself in a battle against depression and was sinking into a bottomless pit of despair and anxiety. Every aspect of my life was affected, and I couldn't eat, I couldn't sleep, I wasn't able to work, I turned my back on everyone, and I just wanted to die. I knew that Jesus was the only answer, so I started praying, reading my Bible, and reaching out to the church.

depression.

Looking back now, I am grateful for that dark time in my life because it forced me to confront deep-rooted issues and rely solely on God. Through consistent prayer, studying the Bible, and seeking counsel from trusted individuals, I was able to overcome

Ephesians 6:12 - "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places."

Depression is not just a battle against our minds, but it is a spiritual battle. Satan will use any and every tactic to bring us down and keep us from living out God's purpose for our lives.

But we have the power to fight back. By putting on the full armor of God, taking up the shield of faith, using the sword of the Spirit (the word of God), and praying at all times in the Spirit, we can stand strong against the enemy's attacks.

In Deuteronomy 31:8, God promises never to leave or forsake us during trials and battles. With His strength and guidance, we can overcome anything that comes our way.

2 Samuel 22:29 tells us that the Lord is our lamp, and he lightens the darkness.

Psalms 34:17-18 says that the Lord hears when the righteous cry for help, delivers them from their troubles, and he is near the broken-hearted.

Isaiah 41:10 says not to be afraid or dismayed, for He is with you and will strengthen and help you.

I encourage anyone who may be struggling with depression or any other form of spiritual warfare to come to the altar when we have prayer and let us anoint and pray for you.

We have all experienced some form of spiritual warfare. You are not alone in this battle; victory is possible with God on your side.

X Tweets:

1. **Ephesians 6:12 (KJV):** For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. We must remember that depression isn't just a mental battle; it's a spiritual one. Stay armored with faith! #SpiritualWarfare #Faith
2. **2 Samuel 22:29 (KJV):** For thou art my lamp, O Lord: and the Lord will lighten my darkness. When life feels overwhelming, trust that the Lord is our light in the darkness. His guidance will lead us through! #LightInTheDarkness #TrustGod
3. **Isaiah 41:10 (KJV):** Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Choose strength over fear today! God is always by your side. #Strength #FaithJourney