

# 6 Tips for the depressed and the downcast.

## 1 Don't isolate.

It is so tempting to shut people out when we are depressed. You need people to remind you of Truth, and to speak life to you. This is what the body of Christ does.

Entrust at least one or two people this week with the opportunity to walk with you if you are silently struggling.

## 4 Do the next thing.

Depression can paralyze us emotionally and spiritually, but also physically. We want to be in bed, in the dark, alone.

Do one productive thing each day for yourself (shower, nails, etc) for your home (dishes, load of laundry) and for someone else (kind text, prayer etc.)

## 2 Run to the Psalms

When the psalmist can't see the faithfulness of God in the present, they look to the past.

Consider and thank God for the last time He has shown His faithfulness in your times of trouble. Earmark Psalms that reveal His mercy, His sovereignty, and His steadfast love and faithfulness.

## 5 Don't make life decisions.

If you're depressed, it can be dangerous to evaluate anything in your life. Don't scrutinize your circumstances or friendships or life choices.

Instead, simply say, "I'm leaving that to God for now. I'll think about it later and trust Him to handle it."

## 3 Preach to yourself.

Depression makes it a struggle to remember and believe the promises of God. Believing comes by hearing the Word, so preach to yourself each day the hope of the gospel.

Everyday, take 5 minutes to remind yourself of the person, presence and provision of your Savior.

## 6 Seek help.

Sometimes, what is most needed for someone who is battling depression is counseling from a professional counselor. Finding a biblically grounded counselor can greatly benefit those walking in the valley.

If you begin having thoughts of suicide or harming yourself, seek immediate help from a trusted person (friend, spouse, 911) who can point you to the next step of safety and healing.