

**God has enabled me
to conquer my depression.**

Victory begins when you submit your mind to the Lord and claim God's promises.

"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

- II Corinthians 10:5

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

- Romans 12:1-2



YOU
CAN
OVERCOME
DEPRESSION

*Learning
New Tricks*



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It's been said you can't teach an old dog new tricks. I was old in the game of thinking depressing thoughts. Nobody had died. It's okay to feel sad for a time when a loved one dies. That's normal. It's a part of the grieving process. But to continually think depressing thoughts is not healthy. I was ashamed of my depression and hid it because I was a Christian.

At the age of 15, I realized I was a sinner and asked Jesus to forgive my sin. That was a wonderful day. My burden of sin was lifted and I had such a feeling of peace. It was a huge relief. Previously, I had prayed the sinner's prayer, but I did not receive the Spirit of God. I was trusting in a prayer, not in Jesus. If you are convicted of your sin, ask God to save you.

Years later I fell in a pattern of depression which I kept up for over twenty years. It was a cycle of thinking negative thoughts. Everything was my fault. "This bad thing wouldn't have happened if I hadn't . . ."

"He wouldn't be mad at me if I hadn't said that."

"I deserve to be rejected." etc.



A new program started at my church—Reformer's Unanimous—to help people overcome their addictions, mostly smoking, drugs, and alcohol. It was also a discipleship program. I started attending thinking I could be a help to others. There were lots of verses to memorize and assignments to do.

I began to realize, "Uh-oh, you are thinking negatively. This thought is not true. You are not the worst sinner in church. Lord, forgive me. I am clean through the blood of Jesus Christ." I John 1:9 promises, "*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*"

I literally took control over my thoughts. I continued to think on Jesus, quoting verses, literally fighting for positive thoughts—truth. My sad feelings did not always automatically disappear, but the more I practiced positive, truthful thoughts, the less sorrowful I felt. I asked the Lord to help me realize what I was doing in my mind so I could catch myself before I had spiraled down too far. I had to practice positive thoughts, saying verses, praying, crying to God several times a day for weeks.