

– Continued from page 1 –
10:1).

Elijah, after a great spiritual victory, fled in fear and prayed, *“It is enough; now, O LORD, take away my life; for I am not better than my fathers”* (1st Kings 19:4).

Even the strongest among us can feel overwhelmed. But what does the Bible say about the causes of depression, and more importantly, what are the biblical solutions?

BIBLICAL CAUSES OF DEPRESSION

Unconfessed Sin. Sin separates us from God and creates a burden of guilt. David experienced this when he tried to hide his sin: *“When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah”* (Psalm 32:3-4). The solution? Confession and repentance. David later declared, *“I acknowledged my sin unto thee, and mine iniquity have I not hid: I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah”* (Psalm 32:5).

Lack of Trust in God. When we focus on our problems instead of God’s promises, we can become overwhelmed. Jesus said, *“Let not your heart be troubled: ye believe in God, believe also in me”* (John 14:1). If anxiety and fear are leading to depression, the solution is to renew our faith in God’s sovereignty: *“Casting all your care upon him; for he careth for you”* (1st Peter 5:7).

Isolation and Loneliness. One of the Devil’s greatest strategies is to convince us that we are alone. Elijah, after his great victory at Mount Carmel, fled into the wilderness and told God, *“I, even I only, am left; and they seek my life, to take it away”* (1st Kings 19:10). But God reminded him that he was not alone and still had a purpose. The solution? Surround yourself with fellow believers: *“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching”* (Hebrews 10:25).

Focusing on the Things of this World. When we seek fulfillment in material possessions, wealth, or earthly success, we will always be disappointed. Solomon, despite all his riches and wisdom, wrote: *“Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.”* (Ecclesiastes 1:2). The solution? Set your heart on eternal things: *“Set your affection on things above, not on things on the earth”*

– Continued on page 3 –

– Continued from page 2 –
(Colossians 3:2).

BIBLICAL SOLUTIONS FOR OVERCOMING DEPRESSION

Draw Near to God in Prayer. The psalmist wrote, *“In the day of my trouble I sought the Lord: my sore ran in the night, and ceased not: my soul refused to be comforted”* (Psalm 77:2). Depression may make us feel like withdrawing from God, but He invites us to bring our burdens to Him: *“Come unto me, all ye that labour and are heavy laden, and I will give you rest”* (Matthew 11:28).

Meditate on God’s Word. The Bible is filled with encouragement for those who feel hopeless. Filling our minds with Scripture can renew our hearts: *“Thy word is a lamp unto my feet, and a light unto my path”* (Psalm 119:105). Make it a habit to read and meditate on passages like Psalm 34, Psalm 42, and Philippians 4:4-9.

Choose Gratitude and Praise. Depression often comes when we dwell on what we lack instead of what we have. Scripture commands us to give thanks in all circumstances: *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you”* (1st Thessalonians 5:18). Praise redirects our focus from our problems to God’s goodness.

Surround Yourself with Fellow Christians. The early church grew strong through their constant fellowship, encouragement, and worship together: *“And they continued stedfastly in the apostles’ doctrine and fellowship, and in breaking of bread, and in prayers”* (Acts 2:42). Do not isolate yourself—surround yourself with other faithful Christians who will encourage you.

Trust in God’s Sovereign Plan. Perhaps the most important truth to remember is that God is in control. Even when we do not understand our suffering, we can trust that He is working for our good: *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose”* (Romans 8:28).

FINAL ENCOURAGEMENT

If you are struggling with depression, do not give up. Cry out to God, seek wise Christian counsel, and surround yourself with believers who can uplift you. Even in the darkest moments, God is near: *“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit”* (Psalm 34:18). Depression is real, but so is the hope found in Jesus Christ. Look to Him, for He alone can give *“beauty for*

– Continued on page 4 –

**"WHAT MUST I DO
TO BE SAVED?"**

ACTS 16:30

LEARN THE GOSPEL

John 6:45; Romans 10:17

BELIEVE IN CHRIST

Hebrews 11:6; John 3:16

CONFESS CHRIST

Matthew 10:32-33; Romans 10:9-10

REPENT OF SIN

Acts 3:19; 17:30

BE BAPTIZED INTO CHRIST

Mark 16:16; Romans 6:3-6

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

**"THE ASSEMBLING OF
OURSELVES TOGETHER"**

HEBREWS 10:24-25

SUNDAY

Worship @ 10:00 a.m.

Studies @ 11:45 a.m.

WEDNESDAY

Studies & Worship @ 7:00 p.m.

75 Sherrod Boulevard
Belén, New Mexico

**Seekers Welcome.
Members Expected.**

**"IF A MAN IS OVERTAKEN IN
ANY TRESPASS...
RESTORE SUCH A ONE"**

GALATIANS 6:1

CONFESS TRESPASSES

James 5:16; 1st John 1:9

REPENT OF SIN

Acts 8:22

PRAY FOR FORGIVENESS

Acts 8:22

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

– Continued from page 3 –

*ashes, the oil of joy for mourning,
the garment of praise for the
spirit of heaviness" (Isaiah 61:3).*

You don't have to feel alone. We are here to help you grow in faith and knowledge. We invite you to worship with us at Christ's Church. Come and be encouraged in God's Word.

"WHOLE COUNSEL"

ACTS 20:27

VOLUME 3, ISSUE 20

MAY 18TH, 2025

**FINDING HOPE IN GOD:
A CHRISTIAN'S RESPONSE TO DEPRESSION**

Joe Hamm

Depression is a heavy burden that many people face. Whether it comes from financial struggles, relationship problems, or an overwhelming sense of hopelessness, depression can feel like an inescapable darkness. Many turn to temporary solutions—distractions, self-help methods, or even harmful habits—but these fail to provide lasting relief. As Christians, we know that the only true and lasting answer is found in God. If you are struggling with depression, know that you are not alone. God sees you, He loves you, and He has provided both wisdom and comfort through His Word.

UNDERSTANDING DEPRESSION FROM A BIBLICAL PERSPECTIVE

The Bible acknowledges that even faithful believers can experience deep sorrow and discouragement. Some of the greatest men and women of faith battled feelings of despair:

David cried out, *"Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance"* (Psalm 42:5).

Job, after losing everything, said, *"My soul is weary of my life; I will leave my complaint upon myself; I will speak in the bitterness of my soul"* (Job

– Continued on page 2 –

RIO GRANDE VALLEY CHURCH OF CHRIST

505-864-0282

rgvcoc@gmail.com

Box 989, Belén, NM 87002

www.RGVChurchOfChrist.org

75 Sherrod Boulevard

Facebook.com/RGVChurchOfChrist