



## ARE YOU DEPRESSED

Are you really at a low point in your life and you just can't seem to rise above it? I have some great encouragement to share with you about Jesus and His love.

I was at a very low point in my life and really struggling to make it and I didn't know what to think or do. Then I got an anointed email from a sister in Christ that got me back up on my feet again. I'm going to share it with you because if you are down and struggling this may encourage you to get back up on your feet and be encouraged.

At this time I was really trying to have my close relationship with Jesus back because I had seemed to have lost it. First I want to share part of a letter I wrote to Jesus back on February 9, 2005. Part of it was cut off but what I wrote is important.

I wrote:

Dear God,

What's wrong with me that I'm not loving and appreciating you as I should and what can I do about it? I need you to be my All and All!

Please help me to grow in you and not be afraid of anything. I want to feel the warmth of your Presence all the time, like before, and to totally trust you and rest in you like before all these things happened. Then I said, Give me a new and it was cut off. I wish I had the whole letter but this will do.

I knew where I should be with God and I was desperate enough to sit down and write Him a letter specifically telling Him what I needed. That is powerful when you do that with God. That's the type of thing He likes you to do! He wants you to talk to Him and tell Him you have a problem and you want help. It's not enough that He knows about it. It's important to Him that you come to Him and tell Him all about it. He loves us so very much and He wants us to have an ongoing relationship with Him. He wants to be a part of our every day life.

HERE IS THE WONDERFUL EMAIL FROM MY SISTER IN CHRIST:

Dear Karin,

I am sorry you are so down, but that is an attitude that you have to overcome! There will be no bad attitudes in Heaven!

People are trying to encourage you, but you have to be encouraged.

The children of Israel just kept walking around Mt. Sinai because of their murmuring and complaining. They did not believe when Joshua and Caleb came back with words of overcoming. They had so much unbelief. Joshua and Caleb overcame because they chose to believe God was able to help them. All the children of Israel saw were the giants and they were filled with unbelief.

I cannot make the decision for you. YOU have to DECIDE—ONCE AND FOR ALL—sit down and count the cost—if you are going to believe it or not! I cannot hang on for you! I can encourage you until I'm blue in the face, but if you do not make a decision, all my encouraging will do NO good! Have you kept all my emails and Danelles and whoever else's? Read them over and over. Read your Bible mostly.

After I spoke to you, I prayed, and this thought came to me: We are always telling each other that God will not let go of you, but He does leave the choice to us as to whether we continue to hold HIS hand or not. It's a simple decision.

Think of walking along the street holding the hand of someone you love. If you decide to let go, you just let go. You make a decision to withdraw your hand from the other party's hand. God will NEVER decide to let go of our hand—we would be the one to do the letting go.

And Scripture does back this scenario up—such as, “I will never leave thee nor forsake thee.” It is unbelief that says,  
“I don't believe that, LORD, you will let go of me...so I am just going to walk my own way...see you later!

Then I got a different thought, which speaks MUCH more to your situation. You are in a desperate straight! Whether you got there on your own or with the help of the devil makes no matter—you are THERE! You are in pain that you cannot handle, weak in faith, despairing, etc.

The picture is of God laying on the ground at the edge of a precipice. You have fallen over the edge, but He has gotten there in time to grab your hand and you are dangling in His grasp. If the grip is lost...you fall to the bottom, which cannot even be seen it's so deep!

NOW, the control is not yours at all anymore! You are not hanging onto Him; HE is hanging onto you! You could not even decide to let go because it is only Him that is hanging on to you! Could He get tired and lose His grip? In our carnal, human minds we think it is possible because we only know what we are capable of, but NO! HE CAN'T and WON'T! He has the strength and ability to not let you fall and to pull you up to where you can get your feet back on the ground. NOW, you could scream at Him to “let me fall, I don't want to be with you, I don't like you” but is that what you feel?? I don't think so. You would cry “help me, Lord” I am going to fall and be killed” and HE would say,  
“Fear not, I have got you; I am with thee. And what is left is just for you to trust Him.

Now, I want you to Rest in the Lord, believe in the Lord, and trust in the Lord! That is a true picture of our relationship with Him. You are His child. HE LOVES YOU, KARIN! Let Him pull you up to get your feet back on the ground! The less you resist Him the easier it will be for Him to get you up, and the faster it will happen!

Trust Him for one minute, then do it for two. If you do it for two minutes you can do it for three! DO NOT WORRY ABOUT TOMORROW!!!  
You have to get to a standing position first. When you are there, there will be NO MORE DOUBT as to what Jesus is able to do!! There is enough evil for today. Overcome! Overcome! Overcome! Persevere!!  
STOP immediately all the negative thinking and unbelief! You have the ability to do that. IT IS EASY in the Name of the LORD OF LORDS and KING OF KINGS!!

Like I say, I can encourage and encourage, but you can do the same for yourself. Encourage yourself, instead of always saying I CAN'T!  
I know you can do it, but whether you will be encouraged by that is not up to me! BE ENCOURAGED!  
BELIEVE!

NO MORE I CAN'T OR I WON'T! NO MORE!!



Well! What do you think of this? Are you encouraged or what? It is a full assurance of Jesus' love and care for us! How can we not love and trust Him after reading something like that?

“But without faith it is impossible to please Him: for He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him!” Hebrews 11:6

“Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He (Jesus) ever liveth to make intercession for them!”  
Hebrews 7:25

“Let us lay aside every weight (depression too) and the sin which doth so easily beset us, and let us run with patience the race that is set before us.

Looking unto Jesus the author and finisher of our faith: who for the joy that was set before Him endured the Cross, despising the shame, and is set down at the right hand of the throne of God.”

“Let your conversation (conduct) be without covetousness; and be content with such things as ye have: for He hath said, I will never leave thee, nor forsake thee!” Hebrews 13:5

“Jesus Christ the same yesterday, and today, and for ever!” Hebrews 13:8

“For I am the Lord, I change not!” Malachi 3:6

Jesus is the same loving God that He has always been. He faithfully takes care of His people! We have to believe that and turn to Him and trust Him for all needs.

“Know therefore that the Lord thy God, He is God, the faithful God, which keepeth covenant and mercy with them that love Him and keep His Commandments to a thousand generations.” That means for ever!

“Thy mercy, O Lord, is in the Heavens; and thy Faithfulness reacheth unto the clouds!” Thy righteousness is like the great mountains; thy judgments are a great deep: O Lord, thou preservest man and beast!

How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of Thy wings!

They shall be abundantly satisfied with fatness of thy house; and thou shalt make them drink of the river of thy pleasures.

For with thee is the fountain of life: in thy Light shall we see Light! O continue thy lovingkindness unto them that know Thee; and thy righteousness to the upright in heart!”

Psalms 36:5-10

“Delight thyself also in the Lord and He shall give thee the desires of thine heart! Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass.”

“Rest in the Lord, and wait patiently for Him.” Psalm 37:4, 5, 7

“And I said, my strength and my hope is perished from the Lord: Remembering mine affliction and my misery, the wormwood and the gall, My soul hath them still in remembrance, and is humbled in me. This I recall to my mind, therefore have I hope!

It is of the Lord’s mercies that we are not consumed, because His compassion fail not. They are new every morning! Great is Thy faithfulness! The Lord is my portion, saith my soul; therefore will I hope in Him! The Lord is good unto them that wait for Him, to the soul that seeketh Him. It is good for a man should both hope and quietly wait for the Salvation of the Lord.” Lamentations 3:18-26



“But now, O Lord, thou art our Father; we are the clay, and thou art the potter; and we all are the work of thy hand.” Isaiah 64:8

“Seek the Lord while He may be found, call ye upon Him while He is near.” Isaiah 55:6

“For My thoughts are not your thoughts, neither are your ways My ways, saith the Lord.” “For as the Heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.” Isaiah 55:8, 9

We have to trust in the Lord because He knows best. He knows what He’s doing!

He said, “So shall My Word be that goeth forth out of My mouth: it shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it!” Isaiah 55:11

God will faithfully do what He has promised in His Word and we can stand on that. It pleases Him to take care of us and that includes delivering us from depression. I challenge you to find the Scriptures with His healing and help and use those to live by and you will be delivered from your depression.



Jesus said, “My peace I leave with you, My peace I give unto you. Not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid!” John 14:27

“Many are the afflictions of the righteous: but the Lord delivereth them out of them all! Psalm 34:19

“Cast thy burden upon the Lord and He shall sustain thee; He will never suffer (let) the righteous be moved.”  
Psalm 55:22

“Casting all your care upon Him, for He careth for you!” 1 Peter 5:7

“For the Lord God is a sun and a shield, the Lord will give grace (graciousness, favour) and glory: no good thing (freedom from depression) will He withhold from them that walk uprightly!” Psalm 84:11

“The angel of the Lord encampeth round about them that fear Him, and delivereth them.” Psalm 34:7 Deliverance from depression!

“The Eternal God is thy refuge and underneath are the everlasting arms!”  
Deuteronomy 33:27

“The Name of the Lord is a strong tower; the righteous runneth into it and is safe!” Proverbs 18:10

“He will keep thee in perfect peace whose mind is stayed on Thee, because he trusteth in Thee!” Isaiah 26:3

“I can do all things through Christ who strengtheneth me!”  
Philippians 4:13

You can confess positive things about your situation. Confess the Word of God to deliver yourself from depression.

I will be comforted in knowing that “This God is our God for ever and ever!  
He will be our Guide even unto Death! Psalm 48:14

“But my God supply all my need according to His riches in glory by Christ Jesus!”  
Philippians 4:19 Deliverance from Depression!

“Trust in the Lord with all thine heart and lean not unto thine own understanding.” Proverbs 3:5

“When I lay down, I shall not be afraid; yea, I will lie down and my sleep shall be sweet!” Proverbs 3:24

But this thing will I do, put aside those thing that are the past and look to the present and the future. Philippians 3:13

I will be anxious about nothing; but in everything by prayer and supplication, with thanksgiving, I will let my requests be made known unto God!

And the peace of God which passes all understanding will keep my heart and mind in Christ Jesus! Philippians 4:6, 7

“What time I am afraid I will trust in Thee!” Psalm 56:3

“The Lord upholdeth all that fall, and raiseth up all those that be bowed down!” Psalm 145:14

“Thou hast given me the shield of Thy Salvation: and thy right hand holds me up, and thy gentleness has made me great! Psalm 18:35

“They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31 Teach me, Lord, Teach me, Lord, to wait!

Wait on the Lord: be of good courage and He shall strengthen thine heart: wait I say, on the Lord!” Psalm 27:14

“But know that the Lord hath set apart them that are godly for Himself! The Lord will hear when I call unto Him!” Psalm 4:3

The LORD is my light and my Salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?

“When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.”

“Though a host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.”

“One thing have I desired of the Lord, that will I seek after; that I may dwell in the House of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.”

“For in the time of trouble He shall hide me in His pavilion: in the secret of His tabernacle shall He hide me; He shall set me upon a rock.

“And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in His tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the Lord!” Psalm 27:1-6

“But let all those that put their trust in Thee rejoice: let them ever shout for joy because thou defendest them! let them also that love thy Name be joyful in Thee!

For thou, Lord, wilt bless the righteous; with favour wilt thou compass him as with a shield!” Psalm 5:11-12

“O clap your hands, all ye people; shout unto God with the voice of triumph.

For the Lord most High is terrible (awesome); He is a great King over all the Earth!” Psalm 47:1, 2

“O give thanks unto the Lord, for He is good! for His mercy endureth for ever! Let the redeemed of the Lord say so! whom He hath redeemed from the hand of the enemy! Psalm 107:1, 2

“Praise ye the Lord. Sing unto the Lord a new song, and His praise in the congregation of saints. Let us rejoice in Him that made us! Let us be joyful in our King!

“Let us praise His Name in the dance: let them sing praises unto Him with the timbrel and harp.”

“For the Lord taketh pleasure in His people: He will beautify the meek with Salvation! Let the saints be joyful in glory: let them sing aloud upon their beds!” Let the high praises of God be in their mouth...” Psalm 149:1-6



“LET EVERYTHING THAT HATH BREATH PRAISE THE LORD!!

Psalm 150:6

One thing we must always do in our minds is to keep the Cross before us at all times. To remember what a great price Jesus paid so that we can be saved! He suffered and died so that we could live Eternally with Him in splendour in Heaven!

There is nothing that we have to go through that is worse than what He did to save us from our sins! Let us not forget that as we struggle with all our problems. The Bible says that these are light afflictions compared to the glory that awaits us!

“For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.”

“For our light affliction, which is but for a moment (in time) worketh for us a far more exceeding and eternal weight of glory: While we look not at the things which are seen, but at the things which are not seen: for the things which are not seen are Eternal!” 2 Corinthians 4:16-18

Those are just a small offering of the wonderful Bible Scriptures. The Bible is full of wonderful comfort and reassurance of His Care for us! Just pick up your Bible and read, read, read! You will be so happy that you did! The Authorized King James Bible is the only pure, unaltered Bible there is in English. Please read that. Even the New King James is badly altered.

God bless you on your journey in seeking the Lord with all of your heart and following Him!

Your Friend-in-Christ!

THANK YOU FOR THE CROSS LORD  
THANK YOU FOR THE PRICE YOU PAID  
BEARING ALL MY SINS AND SHAME  
IN LOVE YOU CAME  
GAVE AMAZING GRACE

THANK YOU FOR THIS LOVE LORD  
THANK YOU FOR THE NAIL PIERCED HANDS  
WASH ME IN YOUR CLEANSING FLOW  
NOW ALL I KNOW  
YOUR FORGIVENESS AND EMBRACE

WORTHY IS THE LAMB  
SEATED ON THE THRONE  
CROWN YOU NOW WITH MANY CROWNS  
YOU REIGN VICTORIOUS  
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WORTHY IS THE LAMB  
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Don't try to deal with your depression by yourself. We need others loving Christian people around us to help. Most of all we need Jesus to deliver us and lead us where we need to go for help. A good Christian counselor can be very helpful. They are more available to spend lots of time with you.

Sometimes there is an imbalance in our body that needs to be treated and all the encouragement in the world won't help.

A very respected doctor I know has found two supplements that you need that would help quickly. They are: N-N-dimethylglycine (DMG) and 5-hydroxytryptophan (5-HTP). Also, you need to get sunlight, exercise, a healthy diet, and stress management.

Please contact me on how to reach Him. His Name is Dr. Dale Peterson.