



OVERCOMING DEPRESSION

Article by Bill Subritzky

When Jesus Christ came to Nazareth and preached in the synagogue he read from Isaiah 61:1-2, "The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to **heal the brokenhearted**, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn."

The scripture continues in Isaiah 61:3 saying, "To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, **The garment of praise for the spirit of heaviness**; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified."

Jesus Christ was proclaiming the new life which God gives us when we are born-again of the Holy Spirit and enter the Kingdom of God.

The spirit of **heaviness** clearly refers to **depression**. In other words depression is a spirit that is not from God.

The answer to our problem is to submit absolutely to God through Jesus Christ and become a born-again Christian and obey the Scriptures.

The downward steps to depression are usually hurt, rejection, unforgiveness, anger and fear. Often suicidal thoughts arise from this sequence of events. Depression can then develop into a demonic spirit which comes and goes at will.

You should carefully consider the following comments as keys to your healing from depression.

1. WE MUST PUT GOD FIRST IN OUR LIVES.

He must be ahead of our family, our possessions and everything else. If this is not so then we are committing idolatry. (Exodus 20:3). God will not hear us.

2. WE MUST ABSOLUTELY FORGIVE EVERYBODY AS GOD HAS FORGIVEN US.

Even though we have been forgiven by God at the Cross of Jesus Christ, we cannot appropriate this forgiveness for ourselves unless we forgive others.

Matthew 6:14-15 says, "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

Also, Mark 11:25-26, “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.”

We read the following account of when Jesus Christ rose from the dead in **John 20:23, “If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”**

When Jesus had breathed on them they received the Holy Spirit. Like them we can decide either to retain the sins of other people or with the help of the Holy Spirit forgive those people and let their sins go.

If we don't forgive others with the help of the Holy Spirit then any demon powers operating through those who have hurt or damaged us can attack and cause disease and sickness.

One of the manifestations of unforgiveness is anger. I have personally witnessed outbreaks of uncontrollable demonic rage manifesting in mature and leading Christians. They did not know what they were doing or saying as the demonic spirit took control over them. In many cases this was caused by childhood traumas resulting in hurt, unforgiveness and rejection from which they have never recovered because of their failure to repent and forgive.

If these sins are not absolutely and fully dealt with, and forgiveness exercised, then those things may cause disruption of relationships and rage, possible breakdown of marriage and destruction of families.

3. RECEIVING HELP FROM THE HOLY SPIRIT

With the help of the Holy Spirit a truly born again Christian can do what the world finds impossible to do, namely forgive even the greatest sins committed against them. The world cannot do this because it does not have the Holy Spirit.

Remember it may have taken years for this depression to develop and although people are sometimes delivered instantly, nevertheless on many occasions it could take some time for the hurts, anger, unforgiveness and fears of the past to be brought to the surface and dealt with. With the help of the Holy Spirit and with true repentance this can occur.

All of which brings us down to the issue of repentance in our heart and full commitment to Jesus Christ thus walking in the Spirit and being an overcomer.

We should be baptised in the Holy Spirit and receive the gift of tongues. This will empower us to overcome depression and other attacks.

The key to deliverance from depression and every other problem in our life is total submission to God through Jesus Christ and turning away from all sin. The Bible is quite explicit on the issue of sin.

Jesus tells us to do the following, “But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you” (Matthew 5:44).

4. WE MUST HONOUR OUR MOTHER AND FATHER NO MATTER HOW THEY HAVE TREATED US. Deuteronomy 27:16 says, “Cursed is the one who treats his father or his mother with contempt.’ “And all the people shall say, ‘Amen!’”

If we don't honour them, the curses of the law, which include every form of **sickness and disease** as set out in Deuteronomy 28:15 onwards, can affect us. **Honouring our parents means having respect for them.** Some of the side effects of failure to honour our parents are, poor self image, hopelessness, rejection and failure and inability to relate to God as a Father.

If your parents are alive you should write and ask them to forgive you for any wrong attitudes you have ever had towards them. Tell them you forgive and honour them no matter how you feel about them.

God says He will visit the sins of one generation on the next four of those who hate Him. (Deuteronomy 5:9). Those who hate Him are those who do not obey Him.

We don't know what has happened in our previous generations. In order to avoid the curse of inherited sicknesses and diseases from those generations **we must honour our parents.**

When we do so we can claim deliverance at the Cross of Jesus. He became a curse for us **to set us free from the curses of the law** and so that the **blessings of Abraham** may come upon us. (Galatians 3:13-14).

5. WE MUST BELIEVE THE WORD OF GOD ABSOLUTELY.

Isaiah 53:4-5 says, “Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.”

The words, “griefs and sorrows,” can also be translated as, “pains and sicknesses.” We have been healed by the stripes laid on Jesus Christ. Praise God! We must believe this.

The Bible says:

“For I am the Lord who heals you.” (Exodus 15:26b).

“Who forgives all your iniquities, Who heals all your diseases.” (Psalm 103:3).

When the ruler of the synagogue came to Jesus and begged Him earnestly to come and heal his daughter who was at the point of death Jesus said, **“Do not be afraid; only believe.” (Mark 5:22-23 & 36.) She was healed.**

6. FAITH

Mark 11:22-24 says, “So Jesus answered and said to them, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”

Therefore let us put all doubt and fear out of our mind and believe God no matter how impossible it may seem. **“For with God nothing will be impossible.” (Luke 1:37).**

“Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1).

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.” (Hebrews 11:6).

7. FEAR

Proverbs 12:25 says, “Anxiety in the heart of man causes depression, But a good word makes it glad.” This is confirmation that fear brings depression.

Anxiety is basically fear. This can come upon a person from many sources.

For example in New Zealand, due to our high rate of marriage breakdown and of fornicating relationships (i.e. a man and a woman living together without marriage) we have one of the highest rates of asthma among children in the western world brought on by insecurity and fear. I have seen hundreds of people set free from asthma when the spirit of fear has been cast out.

Fear can be a spirit which can enter as a result of shock and trauma which physically affects children. Failure to honour parents or unforgiveness on our part can provide a platform for a demonic spirit.

It is this cycle that needs to be broken.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7).

“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us.” (1 John 4:18-19).

8. OCCULT INVOLVEMENT

Any involvement in the occult such as fortune-telling, horoscopes use of illegal drugs such as cannabis and "P" can be major entry points for depression. There must be absolute repentance and renunciation of any such involvement. Witchcraft is specifically referred to as a sin in Galatians 5:19-20.

9. LOOKING BACK TO THE PAST

The Bible warns us not to look back at the past. Lot's wife looked back and she became a pillar of salt. (Genesis 19:26).

Jesus said, **“No one, having put his hand to the plow, and looking back, is fit for the kingdom of God.” (Luke 9:62).**

When you suffer from depression, dwelling on the events and happenings of the past, particularly hurts and rejection is the worst thing you can do. Worrying about what could and should have happened will never help.

Instead, we should be looking to Jesus Christ, **“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 has sat down at the right hand of the throne of God.” (Hebrews 12:2).**

We must be active members of a church that believes the whole Bible. As we join groups in the church with similar interests to ourselves and be involved in helping other people then we will be blessed. **“Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom.” (Luke 6:38).**

We should also seek the full power of God in our lives by being baptised in the Holy Spirit and speaking in tongues. In this way we can communicate with God as our spirit, empowered by the Holy Spirit, can praise and worship God. **“For if I pray in a tongue, my spirit prays.” (1 Corinthians 14:14).**

This is a wonderful way to get our spiritual eyes on to God and away from our own shortcomings.

10. RECEIVING THE LOVE OF GOD

The Scripture says, **“We love Him because He first loved us.” (1 John 4:19).**

It is the perfect love of God which casts out all fear. To have this love we must love God with all our heart, soul, mind and strength. Many people are unable to do this because they cannot relate to their earthly father.

However if they forgive and honour their father then the barrier between themselves and God is broken. Then they can begin to receive the love of God as they confess to God their love for Him.

We suggest that you stand before the Lord in your private room and speak aloud to Him time and again that you love Him and allow the Holy Spirit to bring a love for God into your heart. As this happens your life will dramatically change and you will feel the presence of the Holy Spirit beginning to fill your heart.

11. NEED FOR REPENTANCE

Finally we must repent from all sins. **Our sins separate us from God and can prevent our healing and deliverance.**

“Behold, the Lord’s hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear. But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear.” (Isaiah 59:1-2).

The Bible describes sin as follows:

1 Corinthians 6:9-10

“Do you not know the unrighteous will not inherit the kingdom of God? Do not be deceived.

Neither fornicators (people having sex outside of marriage)

nor idolaters (Placing other things before God e.g. having other gods or idolising persons/things ahead of God.)

nor adulterers,

nor homosexuals

nor sodomites (active homosexuals or heterosexuals practising the homosexual act)

nor thieves,

nor covetous (lustful desire for the property of others and greedy for gain)

nor drunkards
nor revilers (cursing others)
nor extortioners
will inherit the kingdom of God.” (1 Corinthians 6:9-10).

Galatians 5:19-21

“Now the works of the flesh are evident which are:

Adultery

Fornication (sex outside of marriage)

Uncleanness (impurity)

Lewdness (indecent e.g. pornography and bestiality)

Idolatry

Sorcery (i.e. witchcraft)

Examples:

Witchcraft

Fortune telling: Horoscopes

Some forms of heavy metal rock

Ouija boards

Drugs

Charms

New Age e.g. worship of the creation (Romans 1:25)

Freemasonry

Spiritism – séances

Martial Arts: Kung Fu, Aikido, Tae Kwon Do, Karate, Tai Chi, Judo (rooted in Taoism and Buddhism)

Druids Lodge

Eastern religions: Yoga, TM ESP, Hypnosis (Hinduism Goddess Shiva)

Hatred

Contentions (e.g. quarrelsome, causing fights)

Jealousies

Outbursts of wrath (anger)

Selfish ambitions

Dissensions (causing discord among the brethren)

Heresies (e.g. Jehovah witnesses, Mormons)

Envy

Murders (e.g. deliberate unnecessary abortion)

Drunkenness

Revelries (wild parties)

Those who practice such things will not inherit the kingdom of God. (Galatians 5:21).

Ephesians 5:3-5

“But fornication (sex outside of marriage)

all uncleanness (impurity)

or covetousness,

let it not be named among you, as fitting for saints;

neither filthiness (bad language)

nor foolish talking,

nor coarse jesting (dirty jokes)

For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.” (Ephesians 5:3-5).

Colossians 3:8

“But now you yourselves are to put off all these:

Anger

Wrath

Malice

Blasphemy

Filthy language” **(Colossians 3:8).**

“Because of these things the wrath of God is coming upon the sons of disobedience.” (Colossians 3:6).

Revelation 21:8

“But the

Cowardly (i.e. not following Christ)

Unbelieving

Abominable

Murderers

Sexually immoral (sex outside of marriage)

Sorcerers

Idolaters

All liars

shall have their part in the lake which burns with fire and brimstone, which is the second death.” (Revelation 21:8).

All of the above scriptures show the need for us to come before the Lord and repent of any of these sins so that we can inherit the kingdom of God.

“For the wages of sin is death but the gift of God is eternal life through Christ Jesus our Lord.” (Romans 6:23).

The Bible says, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9).

We suggest you say a prayer such as the following,

“Dear Heavenly Father I come to you in the mighty name of Your Son Jesus Christ. I believe He died on the Cross to pay the penalty for all my sins, to forgive me, to heal me and to reconcile me to You. I confess Jesus Christ as my Lord and Saviour and I repent of these sins (name them). I now renounce the spirit of depression and command it to leave me never to return.

Thank you Heavenly Father for your forgiveness, love and healing in the name of Jesus Christ. Amen.”

Please follow the above directions carefully and you will know the blessing of God for healing from depression.

Finally, “Draw near to God and He will draw near to you.” (James 4:8).

12. NEED FOR PERSISTENCE

Remember the persistent widow who wouldn't take, "No," for an answer. (Luke 18:1-8). We need to be like her and persist until we get the answer to our prayers.

Sometimes it is necessary to fast in order to bring to the surface issues in your life which maybe giving entry to depression.

13. COMMIT YOUR WORKS TO THE LORD

God has provided a wonderful escape from depression as set out in the following Scripture, **"Commit your works to the Lord, And your thoughts will be established." (Proverbs 16:3).**

As we begin to do those things that are pleasing in the sight of God, especially honouring Him by telling others about Him and helping the poor and needy, then we will know our deliverance. For this reason it is most important that we read the Bible daily so we can know God's plan for us.

14. POWER OF SPEAKING OUT THE WORD OF GOD

Finally we would strongly recommend that you read aloud scriptures such as the following on a daily basis. The Bible says that faith comes by hearing and hearing by the Word of God (Romans 10:17) as we read scriptures aloud they sink into our spirit and God sets us free.

Psalm 103:1-5

"Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's."

Psalm 107:20

"He sent His word and healed them, And delivered them from their destructions."

Proverbs 12:25

"Anxiety in the heart of man causes depression, But a good word makes it glad."

Isaiah 26:3

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."

Isaiah 53:4-5

"Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed."

Isaiah 61:1-3

"The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, **The garment of praise for the**

spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified.”

Malachi 4:2

“But to you who fear My name The Sun of Righteousness shall arise With healing in His wings; And you shall go out And grow fat like stall-fed calves.”

Mark 11:22-24

“So Jesus answered and said to them, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”

John 15:7

“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”

Hebrews 10:19-22

“Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and having a High Priest over the house of God, let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.”

Hebrews 11:6

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

Hebrews 12:15

“looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;”

Galatians 3:13-14

“Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, “Cursed is everyone who hangs on a tree”), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.”

Philippians 4:6-8

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

2 Timothy 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

1 Peter 2:24

“who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness— by whose stripes you were healed.”

1 John 5:14-15

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”

As you read these scriptures and thoroughly follow these instructions your friends and relatives will be amazed as they see the mighty change which God will wrought in you!

15. TESTIMONIES

To encourage you, we have included the following testimonies:

Depression healed

“For about six years I had been suffering with deep depression and felt suicidal. I had been on medication and having counselling but things were just getting worse and worse.

When I met with Bill he revealed to me that there was an area in my life where I hadn’t received forgiveness and through confession of that, and prayer and deliverance, I was totally healed. I was freed from the spirit of suicide and depression. I have been great ever since.” – Kerrel

Deliverance from Depression

“For three years I battled with depression. When I went to Bill Subritzky for prayer he asked me about my fascination with ancestral photographs that lined my wall at home. Bill concluded that I had idolised them to the extent that I received a curse from my ancestors. Bill prayed for me and said, “Spirit of ancestry leave her.” Afterwards he said, “The cord is now cut.”

I went home and as Bill had instructed me, I dismantled my ancestral pictorial display. Within a week the oppression, depression and obsessions passed and they have never returned.

Since that time in 1998 I have felt strong and completely free as I have clung to my relationship with God. I feel Him working within me every day and look for opportunities to serve Him all the time.

Today I have an incredible joy for living and a spring in my step. The key I have discovered to my deliverance, is wholehearted commitment to God and obedience to His Word.” – Anne Plank

Power of speaking out scripture

Dodie Osteen, the mother of Joel Osteen who pastors the largest church in the USA (40,000 people), was diagnosed with liver cancer 26 years ago and given six weeks to live. She read scripture aloud for six months and was totally healed. She is still healed 26 years later. Her testimony booklet is available from Christian bookshops.

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