

MACHAIRA

CHRIST COMMONWEALTH-COMMUNITY

By Benjamin Nana Amissah Ansah

MACHAIRA

(Pronounced makh'-ahee-rah)

- Daily revelatory thoughts to sharpen you and to help you grow in deep spiritual understanding and knowledge.
- Scriptures for your daily meditation.
- Daily Christ-centered and apostolic-prophetic prayers.

Saturday, 30th September, 2023

REFUSE TO BE DEPRESSED

"Let not your heart be troubled; you believe in God, believe also in Me" John 14:1 (NKJV)

There is nothing about depression which is of God.

Don't entertain it!

Don't pamper it!

Don't justify it!

It's amazing how some people esteem and talk about depression as though it is an accomplishment.

Especially within these times, more young people seem to eulogize and normalize depression.

IT IS NOT NORMAL TO BE DEPRESSED AS A CHILD OF GOD!

If in case you feel depressed or you are struggling with depression, **DECIDE NOT TO STRUGGLE WITH IT.**

JUST WALK OUT OF THAT DEPRESSION.

It is a mindset problem.

Don't give room for your heart to be troubled.

There is no reward or honor for being depressed. Feeling depressed is not an accomplishment, it is brokenness and an evidence that you are not guarding your heart.

Depression is also an evidence that you are not acting on the Word of God.

There is no part of scripture, the Lord inspires depression.

Our Lord Jesus asked a simple question:

“And who of you by being worried can add a single hour to his life?” Matthew 6:27 (NASB 1995)

Depression, anxiety, worry, or sorrow doesn't add anything to your life. It doesn't make you rich; it doesn't make you walk in blessings; it doesn't increase your height, it doesn't add any more years to your life and doesn't make you strong.

When you are already feeling overwhelmed by depression, turn to God. Yes, look away from any reason you have given yourself to remain worried. Give yourself to intense prayers.

When you call on the Lord (or get into prayer), He doesn't only flood your heart with light through His word.

He also;

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2. The Lord gives you TRANSCENDENT PEACE.

"Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]." Philippians 4:6-7 (AMP)

Shake yourself out of that depression. This is not just showing you how to come out of depression; it is also helping you know how not to get depressed.

Depression is demonic. You entertain it, you lose. It is a time and destiny waster. It distracts you from fulfilling purpose and destroys your beautiful life and calling.

No matter your excuse or reason or justification, DON'T BE ANXIOUS OR WORRIED OVER ANYTHING.

Nothing is more precious than WHAT GOD HAS PUT INSIDE OF YOU.

Shalom.

DIG DEEPER:

(Luke 12:22-31; Matthew 6:25-34; John 14:27-28; John 16:33; Psalm 42:5)

PRAY:

That in the name of Jesus, I am free from every cause of depression, and my heart is guarded and overwhelmed by the peace of God.

BIBLE READING:

DAY 235

Isaiah 1 - 5

Acts 21 - 24

DECLARE THESE WORDS:

- I refuse to be depressed.
- From today, I walk out of any depression in my life.
- I have absolute confidence in the word of God.
- I stay my mind and heart on the word of God.
- I refuse to look away from the word.

Oh Hallelujah!! Gloreeeey!