

Feelings -

**As Human beings we all have feelings.
Joy, happiness, sadness, grief, etc.
God has given us emotion to feel things.
This capacity is part of our soul.
His desire is that we should be happy
and when sad be able to draw
comfort from Him.**

Depression –

- sadness, or a low mood that does not go away.
- being irritable or grumpy all the time.
- not being interested in things they used to enjoy.
- feeling tired and exhausted a lot of the time.

Recent statistics record that 1 in 5 young people have a problem with depression.

This can in a very few cases be clinical but in most cases, it is not.

The Lord Jesus, speaking to His disciples, just before He went to the cross, said, "Let not your heart be troubled: ye believe in God, believe also in Me." John 14v1.

He was telling them (and us), that He must die to save them and that He would rise again.

Obviously, this made them very sad.

He went on to say, "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 14v27.

The reason for so much depression in the world is that the vast majority have turned their back on God and His love and mercy.

They, foolishly say in their hearts, "There is no God."

"I can manage my life on my own." How foolish! Is this your attitude?

**True peace is a priceless blessing from the Lord,
It is a gift to us if we believe in Him.
Only believers know, and experience,
the peace which the Saviour gives.**

**The 'peace' that the world offers is not real peace.
It does not address the need of our soul.
The world encourages us to enjoy ourselves by doing those things which please us. Often these are sinful.**

**The peace we need is peace with God.
Naturally, we are born enemies of God,
and this needs to be addressed
in order for us to be reconciled to God.
Our sin spoils our peace with God.**

**Reconcile – Enemies who are made friends.
Forgiveness is at the centre of reconciliation.**

A good sadness to have is when we realise that we are sinners before the Holy God.

The conviction of the soul is the work of the Holy Spirit when He grants us new life through the New Birth.

Once we repent our sin and believe in the Saviour then we received God's gift of peace.

We can then bring all our problems and difficulties to the Lord in prayer seeking His Sovereign will to work out in our lives.

Romans 6v28, "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."

Philippians 4v7. "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

The real antidote to depression is sincere faith in the Lord Jesus Christ as Saviour.

This gift of true and lasting peace flows only through the grace of God through Jesus Christ our Lord.