

***FREEDOM FROM
DEPRESSION,
FEAR & ANXIETY***

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FREEDOM FROM DEPRESSION, FEAR & ANXIETY

Depression and fear are thieves that rob us of life's joy. Anxiety arises from a state of disconnection. The primary disconnection is spiritual, followed closely with being disconnected from life's values and relationships with family and friends.

Panic attack is a physical disorder, therefore medication along with a well managed nutrition and counseling programme is necessary.

The Bible speaks of strongholds within the mind that need to be demolished. (*Read 2 Corinthians 10:3-8*). We need to conquer these strongholds.

Strongholds are habitual patterns of thinking, feeling and acting that are deeply ingrained in a personality. The strongholds within the mind are the result of perceptions, past experiences and self-image. They have been burned into our minds over time. A personal crisis or traumatic experience elevates these strongholds, giving rise to fear and anxiety.

PSYCHOSOCIAL DEVELOPMENT:

STAGE	AGE	PSYCHOSOCIAL CRISIS
1	Infancy (0 to 1½)	Trust v. Mistrust
2	Early Childhood (1½ to 3)	Autonomy v. Shame, doubt
3	Play age (3 to 5)	Initiative v. Guilt
4	School age (5 to 12)	Industry v. Inferiority
5	Adolescence (12 to 18)	Identity v. Confusion
6	Young adult (18 to 25)	Intimacy v. Isolation
7	Adulthood (25 to 65)	Generativity v. Self-absorption or stagnation
8	Maturity (65+)	Integrity v. Despair

(John Dacey & John Travers, Human Development Across the Lifespan)

Most people associate depression with weakness of will and character. This regrettably results in people suffering in silence and trying to self-remedy their problems. Sometimes medication can assist the neuro-function of the brain. (For more information read my article "Burnout".)

The following steps may lead to deliverance:

PRACTICAL HELP:

STEP ONE: Admit that you have a problem.

STEP TWO: Ensure that you sleep at least 6 hours a day.

STEP THREE: Change your environment – Bedroom, living room etc.

STEP FOUR: Involve yourself in a hobby: Art, painting, gardening, etc.

STEP FIVE: Exercise regularly – 30 minutes 3 times a week.

STEP SIX: Do not drink coffee after 8:00 in the evening. Eat leafy vegetables and fruit, apples, bananas and nuts (helps the nervous system).

STEP SEVEN: Write down your thoughts, make a daily "to do " list

STEP EIGHT: Do not watch violent movies or disturbing DVD's.

STEP NINE: Visit a Christian counselor – talk to a person you trust about your feelings – talk to your doctor.

STEP TEN: Believe that you will recover and get well again.

TODAY

There are two days in every week about which we should not worry,
Two days which should be kept free from fear and apprehension.

One of these days is Yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond your control.

All the money in the world cannot bring back Yesterday. We cannot undo single word we said. Yesterday is gone.

The other day we should not worry about is Tomorrow with its Possible adversity, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise, either in splendour or behind a mask of clouds ... but it will rise. Until it does, we have no stake in Tomorrow, For it is yet unborn.

This leaves only one day... Today. Any man can fight the battles of Just one day, it is only when you and I add the burdens of those Two awful eternities....Yesterday and Tomorrow – that we break down.

It is not the experience of Today that drives men mad. It is remorse Or bitterness for something, which happened Yesterday and the dread and fear of what Tomorrow may bring.

SPIRITUAL STEPS:

STEP ONE: Confess Jesus Christ as your Saviour and Lord.
(*Romans 10:9&10*)

STEP TWO: Renounce the ways of your past. (*1 John 1:9*)

STEP THREE: Remember there is a purpose in everything that happens.
(*Romans 8:28*)

STEP FOUR: Believe God's Word to be true. (*Psalms 51*)

STEP FIVE: Forgive those who have hurt you. Do not dwell on things that make you bitter. (*Romans 12:19*)

STEP SIX: Submit to God's will and authority.
(*Romans 13:1-7 & James 4:13-17*)

STEP SEVEN: Be humble before God. Think pure thoughts.
(*Philippians 4:5-12*)

STEP EIGHT: Learn to control your thoughts – learn to manage your thoughts. (*2 Corinthians 10:3-5*)

STEP NINE: Learn to celebrate life. (*Philippians 4:13*)

STEP TEN: Remember that God is bigger than your fears and problems.
(*James 4:7-10*)

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