

RELIGION

What is depression trying to do to me?

WOMEN OF SEASONS



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Syndicated Columnist

"What can depression do to me? I'm saved! I have God on my side!"

Yes, that is true, but just because you are saved and have God on your side, it doesn't mean that depression will not knock on your door. Depression is a powerful and influential spirit sent by the enemy himself. It operates in many ways. The bible reminds us to be careful when dealing with the enemy, because he uses wicked devices.

Isaiah 32:7 says, "... He deviseth wicked devices to destroy the poor with lying words, Even when the needy speaketh right."

This means that the devil will try to attack those who maybe suffering from the circumstances of life and in the midst of their distress, the enemy will send a device called "depression" and it will try to distract you, mislead you into thinking that things aren't going to get better, or your situation will not change. Even when others try to encourage you in some circumstances, that depression spirit will block out the words that are meant to empower to you.

Depression can manifest itself in various ways and just because you are a child of God, it doesn't eliminate you from being attack.

Don't believe me? Well, Isaiah 54:17 tells us, "No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn."

This tells us that the devices and weapons that the enemy have designed to attack us, will attack. That battle is inevitable. We cannot stop what life has prepared for us.

Death, job loss, broken relationships, foreclosures, changes and other situations can not be totally controlled by us, things happen to us unexpected. This is how God strengthens us, builds up our character and our ability to believe in Him and not our faith in our jobs, our relationships or our money, but God has to sometimes train and direct our faith towards Him, and Him alone.

Depression is a heavy spirit that applies pressure to your mind, which in turns affects your body. Everything has to go through your mind, your ability to believe, the Word of God, your emotions, your ability to resolve problems; your determination resides in your mind. When one makes up their mind, anything is possible, so depression attacks that mind first to gain control of the body and the emotions. It causes you to be saddened by the problems that you are facing. This is not an ordinary sadder, but it comes attached with a heavy spirit, the kind that

fighters any positive or motivated word that attempts to lift you up. You become emotional and in some cases, you can't see an end to your problem.

This spirit cause you not to fight back, even when the Spirit of God tries to tell you to pick up His Word and read, that spirit, that evil spirit tries to distract you from being obedient to that voice that is crying out for help, crying to be feed so that it could be utilized to fight the wicked device sent by Satan to destroy you.

In some cases, depression can bring people to different levels. Emotional distress can be described in ways such as crying for no apparent reasons or becoming angry with others. And sometimes as believers, we can catch ourselves in this mode and with the grace of God, pull ourselves out. But it is not all true in every situation, even Saints of God, get pulled down further.

Depression has relationships with other spirits; like loneliness, suicidal thoughts,

which can make impressions on individuals whom, are not strong enough to fight back.

If you are a weak individual in Christ, fighting more than one heavy evil spirit can result in a predictable battle. You have already given to the enemy, but what the devil tells you is that, "just give up, you can't win, it is alright to quit, no one cares about you, give up" The DEVIL IS A LIE! You have to begin fighting back.

First you have to realize that you are in warfare. Second, you then have to recognize the devices that the enemy has placed before you, which in this case is "depression." Tell the devil that you know what he is up to and call that spirit out by its assigned name. Third, pull up the Word that has been hidden in your heart, so that you will not sin against God, and put it on the devil.

Remember who you are. Get up, look in the mirror, wash your face, clean house, I mean the earthly vessel, and go before God. If you have

to force yourself, get up out of that bed. Open the windows in the house, open the doors, let the air in your home, put on some of your "good clothes," dress yourself up, even if you don't have anywhere to go, begin to make yourself feel good physically first, then began to strengthen up spiritually. You can fight! You can win!

Why? As believers, we are more than conquerors and we can do all things through Jesus Christ. Don't let Satan win, don't let him defeat you. Know what the enemy is attempting to do to you, for II Corinthians 2:11 says, "Lest Satan should get an advantage of us: for we are not ignorant of his devices."

Women of Seasons Ministry strives to reach out into the community in every way possible.

For more information, contact Elder LaShonda Crawford at (336) 225-0440 or email her at lashondacrawford@womenofseasons.com. You may also visit her website at www.womenofseasons.com.

CHURCH NOTES

MayFest

Bethel United Methodist Church will be holding its annual MayFest today from 7 a.m. to 1 p.m. MayFest will include a buffet breakfast, yard sale, book sale, bake sale, hot dog lunch and auction. Breakfast will be from 7 to 10 a.m. Hot dogs will be available from 10:30 a.m. to 1 p.m. The auction will begin at 10:30 a.m.

Poor man's supper

The UP group at West End United Methodist is having a poor man's supper today from 5:30 to 7:30 p.m. Cost is a donation. The church is located at 600 Lexington Ave. For more information, call 476-4550.

Gospel singing

Faith Baptist Church, 2954 Rob Cruthis Road, in Archdale, will hold a gospel singing featuring Salvation Sounds today at 6 p.m. For more information, call (336) 587-0874 or (336) 491-3405.

Youth and children's choir

Zion United Church of Christ will be led in worship by the youth and children's choir on Sunday at 10:30 a.m. The choir will present the modern musical parable, The Drum. The church is located at 130 Hasty School Road.

In Care and Conscience presentation

Unitarian Universalist Fellowship of Winston-Salem, 4055 Robinhood Road, will hear the Rev. Mary Grigolia present a sermon titled "In Care and Conscience" at 10:30 a.m. Sunday. At the 9 a.m. pre-service forum, Gloria Fitzgibbon will speak on "Can Banks help the Poor?" For more information, see uufws.org.

Second Sunday singing

Landmark Baptist Church, 6055 Sunset View Drive, in Archdale, will have its regular second Sunday singing at 2:30 p.m. with Woodsmen Quartet from Batesville, Ind. Revival services will be the following week, Monday through Friday, at 7:30 p.m. with Brother Leonard Fletcher, from Mt. City, Tenn.

Jelly-making class

New Mt. Vernon United Methodist Women will host a class on jelly making Tuesday, May 11, at 6 p.m. in the Fellowship Hall. The instructor will be Jeanie Leonard, Davidson County Home Extension representative. This is open to the public at no charge. Refreshments will be served.

Community cookout

Hopewell United Methodist Church will have a free community cookout on Friday, May 14, from 5 to 7:30 p.m. The menu will be hamburgers and hot dogs. This will be a true cookout, as the meal

will be served outside under the shelter. The meal is free to the public, however donations will be accepted. The church is located at 4540 Hopewell Church Road, in Trinity. For more information, call (336) 431-9507.

Country breakfast buffet

Hopewell United Methodist Church will be having a country breakfast buffet Saturday, May 15, from 7 to 10 a.m. The menu will be eggs, grits, biscuits, gravy, pancakes, bacon, sausage, ham and choice of beverage. Prices are \$7 for adults, \$3 for children ages 6 to 12 and free for children 5 and under. All proceeds will go to the building fund. The church is located at 4540 Hopewell Church Road, in Trinity. For more information, call (336) 431-9507.

Sunday school breakfast

The Sunday School Department of Zion Tabernacle F.B.H. Church, located at 710 Douglas Drive, will be having its annual Sunday school breakfast on Saturday, May 15. Tickets cost \$6. For take-outs, call 476-6715. All proceeds will go toward the youth.

Movie night

First Presbyterian Church of Thomasville, 21 Randolph St., hosts a monthly movie night, presenting films that speak to Christian living and Christian values.

The series is presented on the third Saturday of the month at 7 p.m. Movies are shown on a large screen with surround sound and high definition capabilities. Admission is free, and free popcorn and drinks will be served.

Spirited discussion of the film themes follows the showing. The movies presented in April, May and June are true stories dealing with taking risks and rising to the situation at hand.

May 15 — "The Great Debaters"
June 19 — "Invictus"

Mother's Day tea

Calvary United Church of Christ, 1410 Lexington Ave., will hold a Mother's Day tea on May 16 from 3 to 4 p.m. Music will be played by Allan Alexander. Proceeds will go toward the youth mission trip to Ohio. To make a reservation, call 476-4113.

Chris Tomlin DVD showing

Kingdom Vision Ministries will hold a showing of Christian recording artist Chris Tomlin's DVD from his "Indescribable" tour on Sunday, May 16, at 6 p.m. For more information, call 687-3599.

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"As we celebrate Memorial Day, our readers remember friends and family members who bravely sacrificed their time, service and even their lives for our country and our freedom. With pride and gratitude, we honor our heroic soldiers and salute the memory of those who paid the ultimate sacrifice to protect and preserve our Freedoms.

LT. John Smith
12 years of Service
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Thanks for serving this country and everything else that you do. We appreciate it more than you know.

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Cost is \$20 and includes Photo, Name of Veteran, Years of service, Branch of service and up to 25 words expressing your thoughts and sentiments.
Mail entries to the High Point Enterprise, PO Box 1009, High Point, NC 27261
or bring into the office at 210 Church Ave., High Point.
Deadline for entries Friday, May 21, 5pm.
Call 888-3545 for more info.

Tributes will publish Saturday, May 29 in our annual Memorial Day Parade section in the Thomasville Times.