

The Way to Overcome Depression

John 5:1-9

Life Group Discussion – September 9th, 2018

The paralyzed man in this passage was sick for 38 years. He had deep depression and had lost all hope. Because of his sickness his family had left him and all those who passed by him ignored him.

This is why when Jesus asked him, “Do you want to be healed?” he doesn’t say yes but instead complains that no one helps him to the pool. But Jesus still heals this man and completely wipes away his depression in a single moment.

How do we overcome the worry and depression in our lives?

1. Your depression will be healed when your worship is healed.

Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. In these lay a multitude of invalids—blind, lame, and paralyzed. (John 5:2-3)

The paralyzed man stayed in Jerusalem, near the Sheep Gate in Bethesda so that he could try and wash in the pool that was said to be able to heal the sick. It was there in that place that he met Jesus.

In Nehemiah 3, when the walls of Jerusalem were destroyed, the very first place they rebuilt was the Sheep Gate. They knew that they needed to build the most important and vital places first before anything else. For Nehemiah, the Sheep Gate was the main point where the walls would be centered around.

In our spiritual lives, there are times when the walls around us crumble and we begin to lose hope. But we must begin to build up what is the most important place in our lives, our worship. Worship is the main foundation of our lives where everything else is built around.

A.W. Tozer said, “The person who starts their day with worship is a person who cannot be touched by the Devil.”

My brothers and sisters,
I hope that we become true worshippers. This is the key that will overcome our anxiety, our worry, and our depression. I hope that we start and end our day with worship and that it will be the very first thing we do when we face hardship.

2. Your depression will be healed when you change the attitude of your life.

Paul Krugman, a professor at Princeton University, said there were three conditions you needed to meet in order to get rid of depression.

1. Have an adventurous mindset
2. Don’t focus on the past but look towards the future
3. Build up the abilities you have already

In other words, Professor Krugman is saying we need a mindset that seeks challenges and wants to grow.

Pastor Robert Schuller said, “If you believe you can then you can but if you believe you can’t then you never will.”

We must change our attitudes to one of positivity and adventure. When we change our life’s attitude, everything will change.

The paralyzed man in this passage had given up on life. He knew that because of his disability, he would never be able to get to the pool in time and others would always pass him. He had a pessimistic attitude and believed he was destined to be the same until he died.

It was this man that Jesus searched for and gave hope to.

Jesus is the one who gives us faith. Just like the father with the demon-possessed son who asked Jesus, “I want to believe, help my unbelief!”, Jesus is the one who helps us.

Many times we think we can help ourselves out of bad situations. But our abilities are not enough, we

must rely and trust in God to save us and bring us out of our anxieties and troubles that worry us.

We can see that the paralyzed man was trusting in the people around him.

The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” (John 5:7)

If you trust more in people, God will not help you. Our mindset should not be, “I can do it” but instead, “God can do it”.

I hope that we can be a church that turns our attitude toward God and asks Him to change our mindset from one of negativity to one of hope and happiness.

3. Your depression will end when you encounter Jesus Christ.

One of the sayings in Shining Star is, “If you head toward a good church then your spiritual life will be good, and if you head toward Jesus, then your life will be good.”

When you encounter Jesus, your anxiety and worry will not what rules you.

If a person has been attended church for a long time but still has anxiety and worry as the biggest part of their life, it is because they have not encountered Jesus Christ. This is why our experience with Jesus Christ is the absolute most important thing we can do in this life.

When we meet Jesus, our mental and emotional states are healed as well.

We find out who we are, what our identity is, and what our purpose needs to be.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. (2 Corinthians 5:17)

When we are in Christ, we become a new creation.

As we continue to go through life, there will be many situations and experiences that can bring us worry and depression. Financial difficulties, family problems, work and school-related issues...

The only solution to the depression in our lives is Jesus Christ.

This man who had been paralyzed for 38 years had no hope. He had given up on his life and believed that he was destined to die. But Jesus came to Him and brought hope and life into this man. His attitude changed after He met Jesus Christ and he was healed.

My church,
Jesus Christ is the key.

Do not forget this! I pray and hope that we trust and rely only upon Jesus Christ for every situation and every circumstance. He has changed our lives and will give us hope and a joy that is everlasting.

SHARING-----

1. What is the biggest worry or difficulty in your life right now? Be honest with one another and share how you can overcome this obstacle.
2. Out of the three points of this sermon, is there one that you have experienced to be true? Which one of the points have you yet to experience but want to?