



# OVERCOMING **DEPRESSION**

Emeka Anslem

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## **JUST BEFORE WE BEGIN...**

A Christian brother once requested for my help; he said he was depressed, and needed counsel before things get out of hand. What I am about to share with you is an enhanced version of what the Holy Spirit inspired me to say to him.

I can guarantee that this book will transform your life. Alright, let's begin.

# WHY WOULD ANYBODY CHOOSE TO BE DEPRESSED?

The devil does not have the power to impose anything on us. However, our choices usually determine our mental and emotional state.

In Phil 3:14, the bible says ***"I PRESS towards the MARK for the PRIZE of the high calling of God in Christ Jesus"***. In other words, you cannot get the prize or blessing you desire without reaching the set mark; and you cannot reach the set mark without pressing.

If you are not pressing towards the set mark, then you would cheaply get oppressed by the devil. And the devil's oppression is what leads to depression.

## **OKAY, ANSLEM, HOW DO I PRESS TOWARDS THE MARK?**

To press means to continue doing everything prescribed in order to get the blessings designed. In other words, continue in studying, praying, fasting, and "faithing", until you receive the blessing or prize you need. Don't stop, even when the things you've tried have all failed. Rather, stop, only because you've received the prize. The bible says we should cast not away our confidence in God, because it shall be rewarded. The things you tried may have failed, but don't let your faith in God fade until you receive the reward. I've often said that "God may not give you the

things you're "faithing" for, but He'd give you something to compliment it. It's more like saying; if God does not give you what you desire, He'd give you what you require. And from experience, what we desire may not really quench our taste, but what is required will.

Depression blames an external force for its condition. It is like when an athlete decides to sit on a race track because the other competitors took off before him.

Who told you that your parents are the reason why you've not paid your school fees? After all, many young scholars sponsor themselves to school. Who told you that the government is the reason why you don't have a job? The likely reason why many eligible singles are not married is because they've not

pressed enough, and not because anybody is against them.

You really need to choose; because you are either in a pressing state or a depressing state. The moment you stop pressing, then you'd start depressing. The consequence for being depressed is destruction, while the reward for pressing is the blessing.

I've listed two major points that would help you press towards the mark for the prize, and I believe they will help you.



The first is;

# COMMIT TO KNOWLEDGE...

Knowledge covers pain. Isaiah 11:9 tells us that ***"it shall come to pass that destruction shall cease because the knowledge of the Lord shall fill the earth as the waters covers the sea"***. If it ever feels like challenges are covering you, then cover them with the knowledge of the Lord. The bible tells us that the name of Jesus is a strong tower, and the righteous runs under it for safety. And Rev 19:13 further tells us that His name was called the word of God. In other words, if His name covers people from trouble, then His word also covers people from trouble.

I once paid my cousin a visit. And when we met, she told me she couldn't go out because she had "runny nose". Coincidentally, I also had runny nose. But when I told her, she said mine was not serious because it was not showing. I didn't hesitate to tell her that "Knowledge has covered it". Knowledge has a way of making situations beautiful. Certain situations may not go, but knowledge can make them beautiful to live with. Somebody once asked Bishop David Oyedepo if he ever has problems; he responded saying "**maybe it came and I didn't know**". That's how beautiful knowledge can make situations.

The path of the righteous is as a shining light; and knowledge makes it better and better, until it becomes perfect. When you start feeling like you don't have a life, then you've

shifted your focus from God's word to something else. In Prov 4:20-22, the Bible says ***"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh"***. That also means that if you don't want to be sick and weary of life's challenges, then study God's word.

Joshua 1:8 further explains what commitment to knowledge can do. It says ***"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success"***. In other words, if you want to make your way prosperous, then you must not allow the word of God to depart

out of your mouth, you must meditate on His word day and night, and observe to do everything it commands. I've discovered that people who easily get depressed are those who have a low content and practice of God's word. They want God to meet all their needs, but find it difficult to commit themselves to all that God commands.

## **WHAT HAVE YOU SOWN?**

Don't be deceived; whatsoever a man sows, he'd also reap. That's what Gal 6:7 tells us. But then, what have you sown? Obviously, a man only receives returns according to his level of commitment to life. 2 Cor 9:6 tells us that a farmer who plants a few seeds will get a small crop; but the one who plants generously will get a generous crop. That could also mean that if your heart desires

have not been fulfilled, then you need to increase your commitment.

Of course, God shows mercy; but isn't that why we've not been consumed by those challenges? God may have mercy on our weaknesses, but He also wants us to use His grace to press towards the mark for the prize. Don't read one verse of a Bible chapter and expect to get revelation from the whole chapter. If you want revelation from a whole chapter, then read the whole chapter. Don't expect to own a business when the only thing you know is how to earn a salary. Don't expect to be treated as a wife when you still behave like a "girlfriend". What you sow is what you'd reap; so don't expect more when you've only done less.

Christianity is not an excuse to reduce our commitment to work. Paul worked harder, and he got better results compared to the other disciples. What you sow is what you'd reap.

## **FOCUS ON DOING EXPLOITS...**

God's plan for us is to do exploits in life by living a supernatural life. If we check through the scriptures, we'd discover that God did not outline specific steps required to get married, get a job, start a flourishing business, build a career, or even gain admission into school; instead, He focused on how we can have dominion, have all things, and do exploits. In Genesis, He gave man dominion over all things; in 2 Peter 1:3, he gave us all things that pertains to life and godliness, through the Knowledge of Christ.

Dan 11:32 said it all when it said **"... *They that do know their God shall be strong and do exploit*".** God's agenda for us is to do exploits; and doing exploits simply means "having all things", including marriage, a job, a business, a family, a career, and so on. However, the steps required to have all things or do exploits are clearly stated in scriptures; it is commitment to studying the word of God. In my opinion, if you've been praying to God for something, and it doesn't feel like it's coming, forget that thing and focus on doing exploits. Because doing exploits means having all things. No wonder Paul said "though I have nothing, but I'm in possession of all things".

Seek the knowledge of God. Even though Jacob had gathered great possessions from Laban, it was the word that God sent to him that gave him command over Israel.

## **THE TEMPTER WILL ALWAYS DO HIS JOB...**

If Satan is not tempting you, then it's probably because you don't matter to him. And to be honest, that's not a good sign. Every believer is naturally a threat to the devil, and that's why he constantly tries to deceive us. If the temptation is getting too much, then it's probably because the blessing is becoming so much.

I've discovered that every major breakthrough often starts with the devil's temptation. If you can overcome the temptation, then you'd gloriously receive your breakthrough. If Joseph didn't overcome the temptation from Potiphar's wife, maybe he wouldn't have been transferred to Pharaoh's prison - where his breakthrough was waiting. Sometimes, refusing to submit



to temptations may lead to physical torments; but I can assure you, the torments won't cancel the breakthrough ahead. Jesus was heavily tormented because of His commitment to serve God; but despite the torment, He still received His reward.

We just need to be wise; the devil won't tempt you if there is nothing ahead of you.

The second is;

## MAINTAIN THE RIGHT ATTITUDE...

God may comfort you when you're moaning, but it's totally your responsibility to snap out of depression. Hannah desperately needed a child; she prayed and did everything she could, but there was no intervention. We later read that God finally intervened when she had a lighter countenance.

Just like Hannah, many people are really committed, but they possess a weak Christian attitude. Many believers complain when they should be thanking God. Abraham

understood this principle; he was a man who received a promise from God at age 70 that he would father a child from his legally married wife. Yet, at age 99, that promise had not been fulfilled. But against all odds, the Bible tells us that "Abraham didn't doubt the promise of God; instead, he was strong in faith, giving glory to God". That's the attitude that wins!

A member of my fellowship came to my house with a noticeable depressed look. He complained on how his business, which he recently started, was not moving. I didn't hesitate to tell him that his only problem was ingratitude. This is someone who God favoured with a cheap training and a free office space; why would he suddenly think that the business was not moving?

Immediately, we both stood up and began to return thanks to God for everything He had done for him. Amazingly, he was overcrowded with customers the next day. Something similar happened in Judah; and in Jeremiah 30:19, God had to tell them He would not multiply nor glorify them until they returned thanks to Him for how far He had taken them. I once said that "it's either we complain and remain where we are, or praise and be raised from where we are".

Depression comes mostly when we refuse to press the right keys to go forward. The people of Israel were faced with the red Sea. And instead of them to use the key that Moses already had, they decided to complain instead. To be candid, God may be concerned when you're depressed, but He won't do anything until you press the right key. God was worried that the people of Israel

complained to Him, but He still referred Moses to the rod he was holding.

## **YOU NEED TO BE POSITIVE...**

Be positive about everything, even the things you desperately need to change. Many people are still on the same job because of their negative attitude towards their job. They have this "I deserve a better job" attitude; which affects their job, relationship with colleagues, and the company at large. The truth is; if your attitude towards people does not bring peace to them, you won't see the hand of God. Remember that the scripture admonishes that we should follow peace with all men otherwise we will not see God.

The salary may not be up to your expectation, the business may not bring as much profit,

your spouse may not be as supportive, your teachers may not be as intelligent, your children may not be as brilliant, but be positive! I've lived with a mindset that "nothing comes to me for nothing; everything that comes to me comes for a positive reason, and that reason must be positively accomplished". Things may appear bad, but it doesn't change the fact that it is bad for a positive reason. And for that singular reason, I have to be positive. Come to think of it, if I approach a positive thing negatively, what do you envisage will happen?

If you're not positive, you won't hear from God. And if you don't hear from God, you may remain in that situation longer than you should.

## **LANGUAGE BARRIERS IN HEAVEN...**

Let our conversations be without covetousness. God expects the words of our mouth to be rooted in faith.

The Syrophenician woman wasn't entitled to any form of help from Jesus, because of where she came from. But her conversation of faith suddenly caught Jesus' attention, and He was compelled to do what He normally shouldn't do.

If you think God is not blessing you, try to speak a language He easily flows with. This also happens in the world today; organizations would be compelled to employ people who speak their language. Parents would prefer to give their daughter to a man

who understands their tongue. Schools would first admit students who come from their region. Several times, I've had to buy things at a cheaper rate against the regular price, because I spoke in languages the sellers like.

Language in this sense may not necessarily mean your mother tongue or dialect, it may also mean your attitude.

Faith is the language that God easily flows with. If you want to have a fruitful conversation with God, then talk with faith.

## **THIS YOUR ATTITUDE WILL NOT KILL YOU ONE DAY...**

According to scriptures, our lifestyle is shaped according to our thoughts.



What you think about your neighbor will eventually form your attitude towards him. The way you think about your job will form your attitude towards work. If you think a little more on how you hate your Mathematics teacher, then your attitude towards attending his class will change.

Your thoughts concerning your spouse, your church, your family, your colleagues, the people on the highway during rush hours, and even the government, creates your attitude towards each of them.

Attitude is not everything, however, it makes everything different. When things are working contrary to your plan, your attitude should be the first point of contact.

If your boss suddenly changes his attitude towards you, then he must have changed his thoughts towards you. When people change the way they live or interact with you, then something has changed in their thoughts.

It's amazing how people who have snubbed me for years suddenly embraces me. They used to think of me as a minor, but now they see me as their mentor.

Your results naturally shift people's paradigm about you. There are many people who like you today that may eventually despise you, and there are some who despise you today that may eventually like you.

Relatively, your attitude towards the kingdom of God has a lot to do with how you think

about His kingdom. Remember to always guard your mind with all diligence, because out of it are the issues of life.

## **COUNT YOUR BLESSINGS...**

Let me quickly say that "If God has not blessed you this year then you won't be reading this book". The fact that you can read and even understand the content of this book is enough proof that God has blessed you.

Many people have complained that they have attended too many job interviews and yet no employment. If only they know that there are multitudes of people who cannot even write applications, let alone attend interviews. They have at least stepped foot into a company for an interview, they should be grateful. What if they didn't have the hand to write the application or to create a CV?

Many ladies have complained that men are not proposing to them. If only they'd realize that there are many ladies that have never been admired by any man, let alone propose to them for marriage.

Bishop David Oyedepo would often say that "If you've lost anything, God is the reason why you've not lost everything". Many people have complained bitterly concerning their current job. Meanwhile, there are many other people that never got an opportunity to work since they graduated.

If God isn't going to do anything new for you, then it probably means He has done all things well. I don't know what you might be going through right now, but it might interest you to know that all things work together for your

good, including the devil. Anytime you see the devil working evil around your life, you should know that it is for your good and not against your good.

I'd like you to pick up a diary or any empty booklet, and start writing everything God has done for you within the last 6 months. If you don't find a reason to say "Thank you Lord", then God didn't do anything for you.

A lady complained that God had forgotten her; while she was yet complaining, my pastor gave her a diary to write all that God had done for her since the year began. After a while, she came out of the room where she was locked with a big smile on her face; God had done so much for her already.

God is more interested in your gratitude than your attitude of dissatisfaction. God does not bless you because you're not satisfied, He blesses you because you're gratified with what you have. There are many people out there that God can still change their story today, all they need to do is intensify their gratitude to God. The fact that you didn't eat all through yesterday is not a substitute for gratitude, what if you didn't wake up?

There is no problem on earth that is capable of substituting gratitude. Don't say "it's another year, and yet, nothing to show"; if there is really nothing to show then you won't be alive to say it, somebody else would be saying it for you.

## **THIS IS HOW TO BE JOYFUL...**

Joy is a feeling of contentment, while happiness is a feeling of excitement.

Your joy would remain, as long as you're still contented. Your happiness would also remain, as long as the excitement continues.

Show me a man whose joy is lost, and you'd find a man who is filled with discontentment. Show me a man who struggles to live a happy life, and I'd show you how much excitement he has lost.

People say happiness is drawn from an external force. That may be true; but it has an internal effect. As a matter of fact, you'd rarely tell the difference between a happy

man and a joyful man. Happiness and joy plays a major role in the heart.

However, joy is more potent; because it's bourn from contentment. Everything may be down, but joy will still remain. Happiness disappears the moment supplies ceases; but joy would remain, even when there is no supply.

A joyful man would still be happy in his mood house, even though he sees beautiful sky scrapers on a daily basis. A joyful man never loses his joy to what he doesn't have. He is always contented with what he has.

Heb 13:5 tells us to be contented with whatever we have. And that's because true joy comes from contentment. I read the story



of a man who was wealthy only because he was contented. But after some time, a man introduced him to gold, and compared all his possessions to one little piece of gold. That night, for the first time, that man slept as a poor man. He became poor, not because his possessions were reduced, but because he became discontented.

The fruit of the Spirit is joy. Which means we must consciously practice a life of joy. Many believers lose their joy over what they don't have, and this ought not to be so. Be contented with what you have, sad faces won't bring any increase.

## **BEWARE OF ANXIETY...**

Be anxious for nothing; instead, pray about those concerns, and don't forget to appreciate God for the opportunity.

But how would you pray or give thanks when the situation becomes really unpleasant? Many people would like to do the will of God at all times; but oftentimes, the challenges they go through take away their heart from His will. I've seen married men who had happy faces during the first two years in marriage, but afterwards, they live in clear depression. At that point, their minds have wandered far away from the word of God, and they'd need someone to constantly remind them - that God shall supply all their needs according to His riches, and not their riches.

Come to think of it, most of the things we get anxious about are things we were first joyful for. Many people were happy to get a job, but they've become anxious because their job can no longer pay their bills. Many people were happy to get married; but now, anxiety has taken over them because of the needs that have to be met. It's important to know that anxiety breaks our spirit, and a broken spirit dries-up our resources. Your job, marriage, business, church, or anything in this world should not be the source of your joy. The joy of the Lord should be your strength. It is what you need to strengthen your job, family, business, and everything of interest. Remember that joy is a product of man's contentment. If you can maintain contentment, then no matter what happens, you'd still be joyful. And as long as you maintain a joyful heart, things will end up

good for you, no matter what the challenge may be.

## **IT'S NEVER TOO LATE WITH GOD...**

Some people may think that they no longer have time, even if God finally gives them the blessing. But Abraham's case proves otherwise. His wife gave birth to Isaac when he was already a hundred years old; but he lived till age 170, when he was already a grandfather. Job experienced the same thing; he had lost everything he had, but he maintained the right attitude towards God, and the bible tells us that the later end of job was better than the former.

Let me conclude with this; don't permit depression. No matter what happens, keep pressing. The pace may be slow, but you

would soon reach the mark, and then the prize will be released to you.

I'm not going to pray for you to be free from depression, because I know the words in this book has delivered you already. However, I pray that the next 40 years of your life will be years of great laughter for you, in the name of Jesus!

God bless you, I love you, and don't forget to send me your testimony.

- PUTTING GRACE UNDER PRESSURE
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**EMEKA ANSLEM**



I am Emeka Anslem, the privileged writer of Timely Notes Daily Devotional, Founder of In-spirited Writers Training School, and President of The Solutionists. I received a divine call to be a teacher in April 2013, with an assignment to "Add value to lives by bringing knowledge to the people". By His grace, I've committed my life to this assignment, and I'm always willing to add value to lives.

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