

Problems – Study 7

In our present series we've been looking at the subject of problems, and if you've been listening, you've heard me say that problems produce symptoms. In order to solve our problems, we must look at those symptoms, not ignore those symptoms, but realize that there's an underlying problem that's producing a symptom. We need to look at the symptoms, do what the Bible says in order to solve the symptom, to take care of that symptom, and it leads us back to the problem that we've been having. That enables us to solve that problem that is producing so much that is going wrong in our lives.

The last time, we looked at the subject of pride or the symptom of pride. I'd like for you, just for a moment, to think back just a little about the very first sin. The very first sin was not murder; it wasn't stealing; it wasn't lying; it was not swearing or even eating of the tree that God told Adam and Eve not to eat from. The very first sin was pride. And the very first of God's creation who sinned was none other than Lucifer. We read about that in Isaiah 14. In I John 3:8 it talks about that. It says, *He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.*

There are many things that point to the fact that Lucifer became the devil because of pride. Ezekiel 28:17 says, *Thine heart was lifted up because of thy beauty: thou has corrupted thy wisdom by reason of thy brightness.* In other words, he was lifted up with pride. So, the very first sin was pride.

You and I shouldn't be praising ourselves; that's boasting. We shouldn't say things like, "Look how great I am." That's boasting. And

when we say, "Look how great God is," well, then, that's praising God. Boasting in self is sin. Boasting in God... that's praise... is our duty as His creation. As Psalm 33:1 says and Psalm 147:1 talks about, we need to praise God and we need to give Him all the glory.

Well, today, we want to look at the subject of depression. We may not get through studying this entire symptom of depression today. We may continue that in our next lesson as we look to the Lord and ask Him to lead us and guide us. And let me clarify something here. As we begin this study on depression, it's important to distinguish between various kinds of depression. And there is a depression that results from people being irresponsible and failing to do what God has told them to do, and this is the kind of depression I'd like for us to discuss.

Depression can also stem at least in part from physical causes such as a chemical imbalance of the brain, the thyroid gland not functioning properly, and so forth. It's important in dealing with depression to first seek to rule out any physical causes, and in doing this, it may be necessary to consult with a qualified physician. Anytime that I consult with individuals, anytime someone comes to me for counsel, I have a form they fill out and I recommend that they go to a physician to find out if there are any imbalances within themselves that could be causing a problem.

Very often, rather than a person having that physical problem, a person's state of depression stems from his failure to obey God. This happens many times. The Word of God makes it clear that obedience is the key to happiness. This implies, of course, that disobedience is the key to unhappiness. There

are so many unhappy people in the world today, and believe it or not, there are a lot of saved people, Christians who are unhappy, because they blame everything on someone else instead of taking the responsibility for themselves. They're in disobedience.

Praise ye the LORD, the Bible says. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments, Psalm 112:1.

And in Luke 11:27-28, it says, ²⁷*And it came to pass, as he spake these things, a certain woman of the company lifted up her voice, and said unto him, Blessed is the womb that bare thee, and the paps which thou hast sucked. ²⁸But he said... and this is Jesus speaking now; He said... **Yea rather, blessed are they that hear the word of God, and keep it.***

You mean that Jesus said that you could be more blessed than His mother, Mary? Well, that's what he said. He said you can be more blessed when you hear the Word of God. And it goes a little further than that... if you hear the Word of God and you keep it. In other words, you do what God wants you to do.

The first thing God wants us to do is receive Jesus as our Savior. We hear the Word and God speaks to our hearts and we understand we're sinners. We're lost. We're on our way to a devil's hell, but Jesus Christ is the One who can save us. And we hear that through His Word, and His Word is the Bible, the Holy Scriptures that God has given us as a guide for our lives in this world. We hear the Word of God, and we keep it. But the first thing we do is receive Jesus Christ as our Savior, and then after we're saved, we do what he says in the Word, not to stay saved but because we are saved. And this leads to happiness.

John 13:17 says, *If ye know these things, happy are ye if ye do them.* If you want to be happy, you need to do the things that God wants you to do, not the things that you want to do. I find that when I pray, I need to pray, "God, Your will be done." And when His will is done and I'm in His will, then I'm naturally happy, naturally. That's spiritually speaking, I am happy because I'm doing the things of God that God wants me to do.

Well, what is depression? Depression is the state of feeling sad. Depression is the state of feeling down. Depression is the state of feeling gloomy. Depression is the state of feeling low in spirit, discouraged. How many people listening to this today fit those descriptions? How many of us fall into that category of feeling sad, down, gloomy, and discouraged? We shouldn't be there. Some of us feel as though a dark cloud has settled over us. Well, once again, that's not right. We need to understand that Jesus Christ, our Savior, gave everything for us. Why should we be gloomy? Why should we be sad? Because we're on our way to Heaven, we have everything to be happy about.

I'd like for us to think just for a few moments about a fellow by the name of Cain, the world's first baby. In Genesis 4:1 it tells us that Adam and Eve's firstborn was named Cain. He was the first baby born into this world. In Genesis 4:1, it says, *And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD.*

She was happy, because God had given her a son. And I believe if we read Genesis 3:15 you'll find out that that was the first time that God said, "I'm going to send a Savior. There's going to be a Savior born." And I believe that Eve possibly thought that Cain would be the Savior. You say, "Well, why would that be?" Well, I believe that, if you study the Jewish history

and study the Word of God, you'll find out that Jewish people looked for a Savior. They looked for the Messiah, and just as we look for the Rapture of the church, we have no idea when the Rapture will take place. There was no set date to determine when Jesus is coming back for the Rapture of the church. We don't know.

Well, I believe that when God made this promise back in Genesis 3:15, there was no set time. In other words, He knew the time, but He did not tell us the time. He did not tell man when it would take place, just as He has not told us when the Rapture will take place, but we know that Jesus did come on the scene. He did live and He died and He was resurrected from the dead.

But I believe that Eve thought that possibly Cain was the Savior. We know that by reading he was not the Savior, because certain things happened that let us understand that he was not the Savior of mankind.

I want you to notice this. The first baby born was Cain. And Adam and Eve, we understand as we read the Scriptures, became sinners. Genesis 2:17 says, *But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.*

God was telling them, "You know, if you eat of that tree, you're going to die spiritually and you're going to die physically. Well, we know that they did die physically, but thank God, He gave them the coats of skin. He offered that sacrifice, the blood sacrifice, and He clothed them, according to the Word of God, and if you keep reading, you'll find out that they were saved. They were on their way to Heaven, and I believe they're going to be in Heaven, and when we get there, we're going to see Adam and Eve.

Now, don't get excited and don't run up to Adam and say, "Why did you get us into that mess in the first place? Why did you sin?" It says in the Bible that, *For as by one man sin entered into the world and death by sin, so death passed upon all men....* And remember this... *when death passed upon all men for all have sinned.*

And we can run up when we see Adam in Heaven... now, it's not going to happen anyway like that, but don't be mad at Adam, because you have a choice. You can remain lost and on your way to a devil's hell, or you can receive Jesus Christ as your Lord and Savior today. So don't blame Adam. You need to blame yourself if you end up in Hell because God's not going to send you there. Neither is Adam. That person who received Jesus Christ is on their way to Heaven today.

But I want you to know that Adam and Eve became sinners. In Psalm 51:5, it says, *Behold, I was shapen in iniquity; and in sin did my mother conceive me.* We're born in sin and that's what happened to Cain. Adam and Eve became sinners but Cain was born a sinner, according to the verses that we read in the Word of God. Psalm 51:5 talks about it. You were born in iniquity. You were born in sin, according to the Word of God, and you need a Savior.

Well, you can go man's way or you can go God's way, and we're going to look at that the next time. When Adam and Eve sinned they tried to cover their shame and sinfulness, according to Genesis 3:7. They made a mess out of everything, but thank God, through His mercy He stepped in and He made arrangements for these people to go to Heaven. They made their own covering by the work of their own hands, and God rejected this. Remember the fig leaf covering? He rejected that. This was an indication that man was

trying to go to Heaven on his own. It doesn't work that way.

Well, there are many ways that people try to go to Heaven and we're going to look at that the next time as we continue our study on the subject of depression. This is a symptom of an underlying problem within many people's lives today.

Do you know Him as your Savior? If not, why not trust Him today. Ask Him to come into your heart. He wants you to go to Heaven, and I want you to go to Heaven, but the main thing is you need to want to go to Heaven. Ask Him. "Lord, I know I'm a sinner. Please come into my heart. I receive you as my Savior."

If you'll pray a prayer like that, God will save you. Mean it in your heart. And if you're saved, you need to let Jesus Christ lead you and guide you and you need to be a witness for Him wherever you are. Whatever you're doing, uplift our Savior, Jesus Christ.

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Until next time, this is Doug Anderson reminding you it's a good life living for the Lord. May the Lord bless you richly is our prayer.