



And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

Isaiah 58:12

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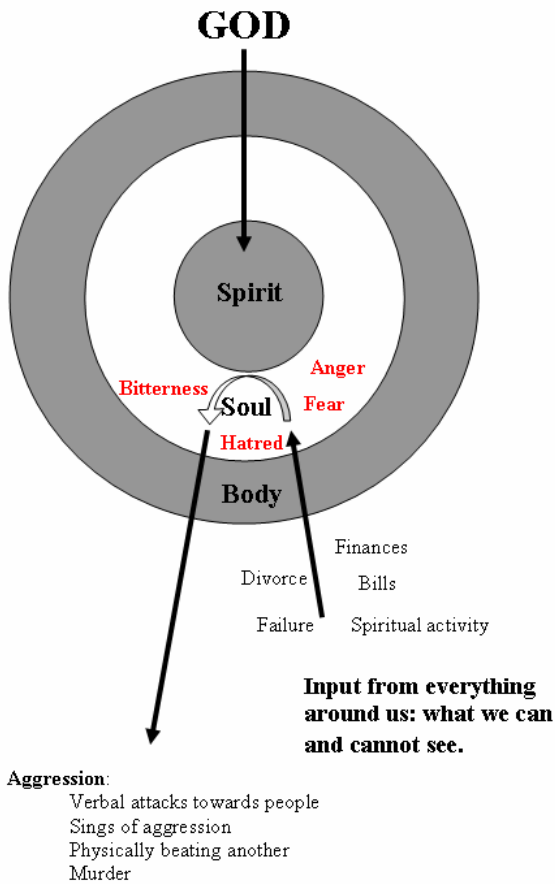
Depression (part 3)

In dealing with depression, there are two aspects to consider: the source of the depression and the fruit that it has produced in the heart of the individual. The sources of depression were previously explored. In this segment, I will discuss the fruitful actions stemming from the heart.

As was previously discussed, depression comes from circumstances in life. These circumstances can create one of many soulish or emotional responses. An important thing to recognize is that the longer a person has been in a negative emotional state, the more difficult it will be to deliver them from their condition. Those, who have been in such a state for a great length of time, may even be considered in bondage. The Bible states that fear can bring man into a snare (Prov. 29:25) and also warns him about anger and the snare that it brings (Prov. 22:24-25). The New Testament describes a person as being taken with or arrested with fear (Luke 8:37). Simon, a man described as being bound in iniquity, was also described as being in the gall of bitterness. Bitterness that has rooted into the soul can trouble the person or be said to crowd them in (Heb. 12:15).

An important Biblical truth to understand is that what is in the heart of a person will soon produce actions. Examples of this are found in the Bible. The fool in his heart does not

believe in God and produces corrupt and abominable works (Psalm 14:1), a righteous man, who has the law of God in his heart, will take steps that do not slide (Psalm 37:30-31), and those



who hate are said to have abominations in their heart that will have actions shown to everyone (Prov. 26:24-26).

Fig. 2 displays actions that can result from negative emotions in the heart. These actions can range from mild to outrageous. The Scriptures reveal several of these and they are: showing signs of aggression (Numbers 24:10; Psalm 37:8; I Samuel 20:30-33), verbally attacking people (I Samuel 17:28), physically beating another (Numbers 22:27), and murder (Genesis 4:5-8, Gen. 49:5-6, Exodus 2:11).

Fig. 2

Some important questions to consider are:

1. How many times have I acted physically aggressive towards someone because of my anger?
2. How many times did I verbally attack somebody because I was anger?
3. How many times did I physically grab, slap, hit, punch, or kick someone as a result of me being mad?
4. How many times did I act physically aggressive towards someone that could have accidentally resulted in death?

If you have recalled incidents relating to any of the above questions, you have or have been in bondage to emotions resulting from the troubles or problems in your life. These actions, their root emotions and the problems that created them must all be confronted in order to experience recovery or emotional and spiritual healing.