**Depression**

-hopelessness, “rage turned inward,” unbearable heaviness, giving up, BEING in hard bondage and oppression, etc.

**Proverbs 10:3 The LORD WILL NOT suffer the soul of the righteous to famish: but he casteth away the substance of the wicked.**
[Whether you lose a wife or husband, or a relationship fails, even the suffering tragedy of losing a child, or a job, anything, the LORD will not allow us to lack or remain without blessings or things we need. BUT, we must do His Word or learn what He requires, to receive help and NOT fall, nor remain afflicted.]

**Jeremiah 17:7 Blessed is the man that trusteth in the LORD, and WHOSE HOPE the LORD is.**

**Jeremiah 17:13 O LORD, the HOPE OF Israel, all that forsake thee shall be ashamed, and they that depart from me shall be written in the earth, because they have forsaken the LORD, the fountain of LIVING WATERS.**

It is important to NOT ONLY realize we are the true Israelites/Jews, beloved brothers and sisters, but that WE MUST humbly draw close to our Heavenly Father by ACTUALLY REPENTING [admitting and stopping our sins], rather than pointing out the sins of others or the white man’s obvious abominations.

Survival as single moms, and for all manner of sufferings can only be achieved by being healed mentally. Without a truly functional and clear mind, we can do nothing, and will remained DESERVEDLY punished:

**John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for WITHOUT ME ye can do nothing.**

[the true Jesus Christ, the biblical Christ. Saying “Mashayach” [Messiah] or “Yahushua” [Jesus] or HEBREW dialects are not what is important. But, actually REPENTING, RENEWING our minds DAILY, BEING BORN AGAIN, and INCREASING in all goodness, humility, faith, love, peace, truth, mercy, judgment, etc., as we are commanded.]

**Matthew 9:12 But when Jesus heard that, he said unto them, They that be whole need not a physician, but THEY THAT are sick.**

**Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit WHO CAN bear?**

[Our righteous foremother Hannah, as an example to all brothers, and sisters, went to the LORD when she was sad and overwhelmed. Because she was prudent and had understanding: **ISamuel 1:8,10**.]

**Proverbs 4:23 KEEP THY heart with all diligence; for out of it are the issues of life.**

Seek the LORD the Heavenly Father and our Lord Christ truly. Not Israelite groups or churches and then teach about Most High, but we must seek the Most High directly and worship Him in spirit and truth:

**Proverbs 8:17 I love them THAT LOVE ME; and those that seek me EARLY shall find me.**[John 14:15 If ye love me, keep my commandments.]

**Luke 18:1 And he spake a parable unto them to this end, that men ought always to pray, and not to faint;**

Life is hard and arduous, and our Creator the Heavenly Father who gives all life and oversees all souls (**Ezekiel 18:4**), lets us know that our life is a battle that we MUST fight: **IIEsdras 7:57-61**. The ONLY way we can survive this fight and battle of life is by having Christ (the Word) as our foundation and Rock, and applying the Bible at all times, especially during difficult moments. Which allows us to be stronger mentally than we on our own can ever be or increase to:

(Get far away from Christianity, or ANY Israelite group, and ALL religions, and follow Jesus Christ (Yahushua, Yahawashi, Yeshua, etc.) TRULY. We are in the last days, there is NO MORE TIME to waste)

**Matthew 7:24 Therefore whosoever heareth these sayings of mine, AND DOETH THEM, I will liken him unto A WISE MAN, which built his house upon A ROCK:** [rock = Deuteronomy 32:4, ICorinthians 10:4]

**:25 And the RAIN descended, and the FLOODS came, and the WINDS blew, and beat upon that house; and IT FELL NOT: for it was founded upon a rock.**

**:26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto A FOOLISH man, which built his house upon the sand:**

**:27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; AND IT FELL: and great was the fall of it.**

All honor, praises and glory to our Almighty Heavenly Father, and His Word Jesus Christ.

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