

DEPRESSION HAS TO GO

“And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow, And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.” Lu 22:45-46

A common reaction to depression and anxiety is to go to sleep. In Luke’s account of Jesus’ experience at the Garden of Gethsemane, he notes that the disciples that went with Jesus to pray were so full of sorrow over the recent events of betrayal and the fear of the future events of the capture and crucifixion of the Saviour that they fell asleep. Sorrow, depression and anxiety often affect us in the same way. How many times have you had a difficult situation and rather than pray about it, you hopelessly went to sleep. God intends for us to deal with the issues of life through prayer. In fact, Jesus instructed the disciples to pray so that they don’t enter into temptation. If we want to live life according to the Word of God, prayer is a necessity. We will deal with our issues using the world’s methods or the Word’s methods. If we use the world’s methods, we will sleep our troubles away for the moment; if we use the Word’s methods, we will pray our troubles away permanently. Don’t let yourself be tempted to sin; pray, pray, pray.

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