

THE OIL OF GLADNESS**Introduction**

Ecclesiastes 3:1, 3 declares: To everything there is a season, and a time to every purpose under the heaven: A time to weep, and a time to laugh; a time to mourn, and a time to dance. There are times in life when we weep and mourn. However, the Scripture makes it clear that the sorrow of the world worketh death (II Corinthians 7:10). While it is normal to be sad and mourn at times, we must be careful to distinguish this from excess sorrow and depression. To be sorry for your sins in repentance is an important part of our relationship with the Lord (II Corinthians 7:10, Psalm 38:18). According to the American Psychological Association, everyone experiences sadness at times, but depression is something more. Depression is extreme sadness or despair that lasts more than days. It interferes with the activities of daily life and can cause physical symptoms such as pain, weight loss or gain, sleeping pattern disruptions, or lack of energy (APA). If you experience symptoms of depression, it is important to seek the help of a medical/mental health professional as treatment is available.

Memory Verse: Psalm 45:7 Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.

Biblical Application

There are practical things that we can do to optimize our mental health. These include exercise, socializing with friends and family, engaging in hobbies, maintenance of physical and sleep hygiene, etc. A healthy relationship with Jesus Christ is essential to maintaining our spiritual and mental health. Diligence to avoid sin and remaining repentant are key components. Psalm 45:7 is a prophecy concerning Jesus Christ. God anointed him with the oil of gladness because he loved righteousness and hated wickedness. By definition, the oil of gladness is a

smearing or rubbing with oil of gladness, joy, mirth, rejoicing (Strong's Dictionary). Loving righteousness and hating wickedness includes avoiding compromise with the world. Isaiah 61 prophesied of the ministry of Jesus to the brokenhearted, the captives, the bound, those who mourn and those with a spirit of heaviness. Jesus offers healing, liberty, deliverance, comfort and the oil of joy for mourning. As believers, we have a responsibility to do our part. Jesus challenges us to demonstrate our love for him by keeping his commandments (John 14:5) He told some of the Jews which believed on him, "If ye continue in my word, then are ye my disciples indeed" (John 8:31). According to Psalm 4:5,7, putting trust in the Lord and offering the sacrifices of righteousness offers gladness above and beyond material prosperity.

- Anointed with the oil of gladness. Psalm 45:1-8,4:5,7; Hebrews 1:8-12; Proverbs 6:16-19.
- Jesus offers deliverance. Isaiah 61:1-3.
- Find life in Jesus. Matthew 10:34-39; II Corinthians 6:14-18; James 4:1-6; Hebrews 11:24-27.

Everyday Life Application

People have sought happiness through the love of money, materialism, selfishness, and fleshly lusts for centuries. Let us follow the example of Jesus by loving righteousness and hating wickedness.

If you are experiencing emotional distress or thoughts of suicide FREE help is available 24/7. Call, text, or chat 988.

<https://www.apa.org/topics/depression#:~:text=Depression%20is%20extreme%20sadness%20or,disruptions%2C%20or%20lack%20of%20energy>.