

DISCIPLINED THINKING: A Remedy For Depression

The Bible speaks of such a thing as a crushed spirit ([Prov.18:24](#); [Psalms 34:18](#)). The wisdom of proverbs says,

- “Heaviness in the **HEART** of man maketh it stoop: but a **GOOD WORD** maketh it **GLAD**.” ([Prov.12:25](#))

We need to feast on a **GOOD WORD**, to be glad!

- “Pleasant words *are as an honeycomb, sweet to the soul, and health to the bones.*” ([Prov.16:24](#))

I don't know any words more pleasant, than that which **SAVES** our eternal soul:

- God's **GRACE & MERCY** Saves: ([Eph.2:8-9](#), [Acts 15:11](#), [Titus 3:5](#)); The **BLOOD** of Christ Saves: ([Eph.1:7](#), [Rev.1:5](#), [Rom.5:9](#)); **The GOSPEL** Saves: ([Rom.1:16](#), [1Cor.15:1-2](#), [Jms.1:21](#)); **BELIEF & CONFESSION** Saves: ([Heb.11:6](#), [Jn.8:24](#), [Jn.3:18](#), [Matt.10:32-33](#), [Acts 8:37](#)); **REPENTANCE** Saves: ([Lk.13:3](#), [Acts 11:18](#), [Acts 17:30](#); [Heb.10:26](#)), Definition: ([Matt.21:28-30](#)), Example: ([Eph.4:28](#); [Jn.8:11](#)); **BAPTISM** Saves: ([Mk.16:16](#), [Acts 22:16](#), [1Pet.3:21](#)); **Hope** Saves: ([Rom.8:24](#)); **Endurance** Saves: ([Matt.10:22](#); [24:13](#)).
- We have divine instruction **NOT** to add, nor take away from His Word ([Deut.4:2](#); [Prov.30:6](#); [Rev.22:18-19](#)), because God's **THOUGHTS** are higher than man's ([Isa.55:8-9](#); [Prov.3:5-7](#)). Sadly, many want to pick and choose what they like and don't like, by removing or separating what God has joined together, such as “Belief + Baptism” ([Mk.16:16](#)), “Confession + Baptism” ([Acts 8:35-37](#)) or “Repentance + Baptism” ([Acts 2:38](#)) and Marriage too! ([Mark 10:9](#)). Remember, we don't have God, if we fail to abide in HIS teachings ([2Jn.9](#)).

So, the first step for anyone to be happy with their lot in life, is to

- “be ye **DOERS** of the Word, and **NOT** hearers **ONLY**,” ([Jms.1:22](#)). “**PURIFY** your soul” by “**OBEYING** the Truth” ([1Pet.1:22](#)),
- “being **BORN** again” ([Jn.3:5](#)), “by the **WORD** of God, which liveth and abideth for ever” ([1Pet.1:23](#)), through baptism, which puts one in contact with the redeeming blood of Christ ([Titus 2:14](#); [Gal.3:26-27](#); [Rom.6:3-4](#); [Col.2:12-13](#)),
- so we can gain access to those “spiritual blessings ...IN Christ” ([Eph.1:3](#)), which includes “...HELP in Time of Need” ([Heb.4:14-16](#)).

Obedience, coupled with ongoing faithfulness ([Matt.24:13](#); [Rev.2:10](#)), which should include **DISCIPLINED THINKING**, I'm convinced, will go along way for many, who suffer with symptoms of depression, sadness or a crushed spirit.

[NOTE: We are NOT making light of those who have been medically diagnosed with one of the many conditions of mental illness or disorders]

- “Commit thy works unto the Lord, and thy **THOUGHTS** shall be established.” ([Prov.16:3](#))

Essentially, the inspired apostle Paul said that christians (those IN Christ [2Cor.5:17](#)), are to have a mind that forgets the past.

- “...this one thing I **DO** (he says), **FORGETTING** those things which are behind, and **REACHING FORTH** unto those things which are before, I **PRESS TOWARD** the mark for the prize of the high CALLING ([2Thess.2:14](#)) of God **IN** Christ Jesus ([Rom.6:3-4](#)).
Let us therefore, as many as be perfect (or complete IN Christ: [Col.2:10-14](#)), be thus **MINDED** (Disciplined Thinking):” ([Phil.3:13-15](#))

For sure, we want to be reconciled to both God ([2Cor.5:18,20](#)) and to those whom we may have hurt in the past ([Col.3:13](#); [Lk.17:3](#)); Then move on, and **DON'T** press the rewind button of your mind ([Prov.23:7](#)), and relive the events of the past. “Don't stumble over something behind you” (author unknown). Jesus said,

- “No man, having put his hand to the plough, and **LOOKING BACK** (or desiring the sinful life of the PAST), is fit for the kingdom of God.” ([Lk.9:62](#)). Lot's wife “looked back” and she “became a pillar of salt” ([Gen.19:26](#)) and this is why Jesus said many years later, “**REMEMBER** Lot's wife” ([Lk.17:32](#)).
- “And be **NOT** conformed to this world: **BUT** be ye transformed by the **RENEWING** of your **MIND** (Disciplined Thinking), that ye may prove what *is* that good, and acceptable, and perfect, will of God.” ([Rom.12:2](#))
- “whatsoever things are **TRUE**, whatsoever things are **HONEST**, whatsoever things are **JUST**, whatsoever things are **PURE**, whatsoever things are **LOVELY**, whatsoever things are of **GOOD report**; if there be any **VIRTUE**, and if there be any **PRAISE**, (have disciplined) **THINK** (ing) on these things.” ([Phil.4:8](#)).

Spiritually speaking, disciplined thinking, will result in a desire to,

- “**SET** your affection on things **ABOVE**, not on things on the earth” ([Col.3:2](#)).

And therefore there won't be any room in your MIND for thoughts of depression and sadness.

The Bible says that evil companions or Bad company, corrupts good manners, character, morals or habits ([1Cor.15:33](#)).

I'm convinced that continual thoughts of the past (negative, bad or sinful), is equal to an evil or bad companionship,

So **DON'T** carry those thoughts with you, that result in depression or sadness. In fact, Jesus said,

- “**COME** unto me, all ye that labour and are heavy laden, and I will give you rest. **TAKE** my yoke upon you, and **LEARN** of me; for I am meek and lowly in heart: and ye shall **FIND** rest unto your souls. For my yoke *is* easy, and my burden is light.” ([Matt.11:28](#)).
If we are truly converted ([Acts 3:19](#)), we can cast the past away, as God's has our sins ([Micah 7:19](#); [Heb.8:12](#)).

Hope this Helps! ...Michael Wright