

**SERIES: The Mind of Christ
Defeating the Adversary – Part 3
subtitle – How to Overcome Discouragement, Depression & Suicide**

1 Peter 5:8; 1 Kings 19

Big Idea – I need to be aware of the reality of my adversary the devil.

1 Peter 5:8 “Stay alert! Watch out for your adversary/enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

(Review the lies/tools of the devil)

Major Tools of the enemy.

Discouragement

I read once that the Devil was having a yard sale, and all of his tools were marked with different prices. They were a fiendish lot. There was hatred, jealousy, deceit, lying, pride--all at expensive prices. But over to the side of the yard on display was a tool more obviously worn than any of the other tools. It was also the most costly. The tool was labeled, DISCOURAGEMENT.

When questioned, the Devil said, "It's more useful to me than any other tool. When I can't bring down my victims with any of the rest of these tools, I use discouragement, because so few people realize that it belongs to me." -- John Yates, "An Attitude of Gratitude,"

Everyone gets discouraged at one time or other in their life! It's what you do next that makes the difference!

Elijah was so discouraged he got depressed and wanted to die! turn to 1 Kings 19

1 Kings 19:3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the desert, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors."

Note these symptoms: Fearful, Impulsive, Isolated himself, Dark thoughts

Depression

A major cause of depression is hopelessness!

In many of the Psalms the writers felt like God had forgotten them!

Psalm 142:4 Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

Psalm 13:1 “O LORD, how long will you forget me? Forever? How long will you look the other way?”

2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

Hopelessness, not having a purpose for living leads to suicide!

Suicide

Suicide is a serious public health problem. **Suicide** rates increased 30% between 2000-2018, and declined in 2019 and 2020. **Suicide** is the 12th leading cause of death in the United States, with 45,979 deaths in 2020. This is about one death every 11 minutes. The number of people who think about or attempt **suicide** is even higher with 1.2 million in 2020.

More than half of people who died by **suicide** did not have a known mental health condition.

Answer? Get help! You don't have to go it alone.

From a doctor/psychiatrist – it's no sin or shame to take medicine for mental health sicknesses – like bi-polar, schizophrenia, postpartum depression, anxiety disorder, fetal alcohol syndrome

Physical check-up – enough sleep? right diet?

Find a trusted friend or counselor – interact every day socially with others

From the Lord – talk to the Lord in prayer, honestly

1 Samuel 30:6 "David was greatly distressed; for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God."

What are our two main weapons against the devil?

The Word of God – Jesus, when tempted said, "It is written..." and quoted God's Word Matthew 4

Ephesians 6:17 "And take the helmet of salvation, and the sword of the Spirit, which is the word of God"

Prayer

Ephesians 6:18 "praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all believers"

Jesus used this in the garden of Gethsemane

Matthew 26:41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Mark 13:37 Then He came and found them sleeping, and said to Peter, "Simon, are you sleeping? Could you not watch one hour? 38 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Must Do It! Whether we feel like it or not! Need it most when tired!

6. When is the devil a defeated foe?

When I surrender to God – James 4:7, 1 John 4:4

When I resist the devil using the weapons God has given me

When Robinson Crusoe's good man Friday asked him, "Why doesn't God destroy the devil?" Robinson Crusoe gave him the right answer, the only answer, the great answer. He said, "God will destroy him."

When God casts him into the Lake of Fire

Rev. 20:10 And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.