



God's Way of Escaping the Dark Road of Depression and Anxiety

By Karen Sue Nyquist



1. What are the signs of depression and anxiety? -

Many of us are now experiencing, or in the past have experienced, the terrible grip of depression or anxiety. We can identify with thoughts and moods of: **worry, sadness, discouragement, disappointment, and disillusionment.** Sometimes we are bombarded with thoughts of **failure, worthlessness, hopelessness, despair, even self-hatred.** This can lead us deeper into **fear, dread, even anxiety attacks and panic attacks.** How can we escape? How can we get off this dark road of depression and anxiety?

2. What in the world is going on? - There is a war in our society, of evil verses good. It comes from the spiritual world, which most of the world realizes exists, but our western culture ignores, turning only to science for answers. **But there is also a good, loving, powerful God, His angels, and good people** who are here to help us recover when we turn to Him. God **understands** what you're going through and can give you **relief** from your depression and anxiety. He offers **peace** that can calm overwhelmed minds. **He gives comfort, encouragement, hope, and strength to recover.** Because He loves us, He'll stay with us until we are well and for the rest of our lives. We can trust Him because He will not fail.

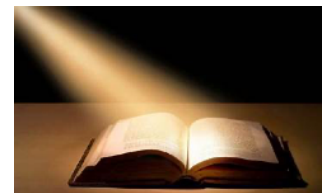
3. What does God say about negative thoughts and emotions? - When we are traveling down the dark road of depression or anxiety, we are being attacked in our minds and emotions by evil spirits. **The Bible sheds light on these attacks and calls these thoughts and feelings "fiery darts of the wicked one"** (Ephesians 6:16). **But God has made "a way of escape"** (1 Corinthians 10:13)! It is not His will that anyone continue traveling this road. Even in our darkest moments, **God is with us, wanting us to turn to Him for help. He will lead us to the right path.** "He (God) restores my soul (*mind, will, emotions*); He leads me in the paths of righteousness for His name sake. Yea, though I walk through the valley of the shadow of death (*the darkest times in our lives*), I will fear no evil; For You are with me" (Psalm 23:3-4). When we have a personal relationship with God and Jesus is our Lord and Savior, we know He's with us and we don't need to worry or fear.

4. How do we know we or a loved one are under attack? -

1st - When we are trying to think positively, trying to pull ourselves out of the depression or anxiety, out of the bad mood, but **our minds are being bombarded with thoughts** that we don't want, sometimes thoughts we don't even agree with, we are under attack. We put on happy music, eat some comfort food, try to keep busy, **still the thoughts and negative moods are bombarding us, ever trying to pull us down.** Some of these spirits **make us sick** (Luke 13:11) or lead us to **make wrong life choices.** We may even be so **oppressed** and exhausted that we don't want to do anything but **just give up and curl up into a ball.** These attacks include thoughts of **withdrawing** and **isolating** ourselves from others. **Isolation is dangerous!** Then there is no one to help us and if a loved one is going through this, we may not even know it or not realize how bad it is getting until it's too late!

2nd - These thoughts assailing our minds and emotions are usually disguised as our own thoughts. These unclean spirits might even bring a false peace and false answers, but they are skilled deceivers. Satan himself can appear as "an angel of light" (2 Corinthians 11:14). These spirits sometimes become so bold that we can realize **we are hearing voices and these thoughts are not ours!** The devil is called an **accuser** (Revelation 12:10), a **liar** and a **murderer** (John 8:44), and intends to "**steal, kill, and destroy**" (John 10:10). The Bible tells us that there are unclean spirits who bring **heaviness** (Isaiah 61:3), **accusations** (Revelations 12:10), and **fear** upon us (2 Timothy 1:7), even **anxiety or panic attacks.** They come to **trouble** (2 Thessalonians 2:1-2), **confuse** (1 Corinthians 14:33), **deceive** (1 Timothy 4:1), **distress** (1 Samuel 18:10), **oppress** (Acts 10:38), and **torment** us (Acts 5:16).

3rd - Eventually, **they can tell us to do something wrong** (2 Timothy 2:26), **to harm ourselves** (Mark 5:5), or **even commit suicide** (Matthew 27:3-5). **Suicide is not the answer!** These are signs of attack. Are you or a loved one of yours experiencing these? If so, turn to God, He is offering so much help to us. "**In my distress I cried to the Lord, and He heard me**" (Psalm 120:1). If it is a loved one, give them this tract and encourage them to accept what God offers us and to follow **God's Way of Escape.**





5. What does God offer us? God offers us His Way of Escape!

1st - Salvation - God offers to save us from our sins and “adopts us as sons by Jesus Christ to Himself” (Ephesians 1:5). “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23). “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life” (John 3:16). Jesus died to pay for our sins! He is our Savior. If we are not a Christian, but repent of our sins (doing wrong) and accept Jesus as your Lord and Savior, then all of God’s help is available to us. “For you are all sons of God **through faith in Christ Jesus**” (Galatians 3:26). Because we are now a child of God, He can provides us with these benefits: “Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities (*sins*), Who heals all your diseases, **Who redeems your life from destruction**, Who crowns you with lovingkindness and tender mercies” (Psalm 103:2-4).

2nd - Baptism of the Holy Spirit - God offers to fill us with His Holy Spirit and His power. If we or a loved one have not been baptized in the Holy Spirit, we can go to a church where they can help us pray to receive it. **The Holy Spirit helps us produce love, joy, and peace in our lives** (Galatians 5:22-23) and **Jesus came to give us life and that more abundantly** (John 10:10). If you were before, but are not currently walking in the fullness and power of the Holy Spirit, you can be refilled and our church can help you! Evil spirits take advantage and attack us, even Christians, when we are not full of the Holy Spirit and don’t know nor follow the Bible verses that will protect us. They see our lack of power and can relentlessly barrage us.

3rd - Deliverance - God offers us deliverance from spiritual attacks.

In the Lord’s Prayer, Jesus teaches us to pray, **“but deliver us from the evil one”** (Matthew 6:13 NKJ). **The full Gospel includes Salvation, Baptism in the Holy Spirit, Healing, and Deliverance** (Mark 16:15-18; Acts 1:4-8)! **This is the way of escape from the attack of “the evil one!”** The Bible is full of examples where Jesus cast out unclean spirits (*evil spirits, demons, devils*) from people’s lives (Matthew 8:16; Mark 1:34). Then Jesus gave this authority and power to His disciples (Mark 16:15-18). We need to attend a church where they know how to command evil spirits out and can train us to be ready to resist their future attacks, if they try to return. At our church, we believe in the full gospel. We pray for and see physical, mental, and emotional healings. We also can pray you through to deliverance and train you how to resist any future attacks. Call us for an appointment with our pastors.



6. Are you or your loved one ready to follow God’s Way of Escape? - Are you ready for **1) salvation, to receive Jesus as your Lord and Savior by believing in Him and confessing that you want Him to be the Lord of your life? If you are ready, you can pray to Him now.**

Here is a suggested prayer: “Dear Jesus, I believe that You are the Son of God and that You died to pay for my sins. Please, forgive me for all my sins and cleanse me from all my sinful ways. I repent from trying to live my life my way and ask You to be my Lord. Make me the kind of person You want me to be. Right now, Jesus, I open my heart and receive You as my personal Lord and Savior. I want a relationship with You. AMEN!”

Name _____ Date _____

Now that you have asked Jesus into your heart, He will start revealing Himself to you. But to steadily improve your relationship with God, spend time with Him, praying to Him and reading His book, the Bible. You are welcome and encouraged to come visit our church. We are a full gospel church, where you can be baptized in water and we can help you and teach you about salvation and living a life pleasing to God. Here you can **2) receive the baptism of the Holy Spirit**, healing, and **3) receive deliverance**. In our church, you can feel God’s presence. We preach the Bible, and you can fellowship with other believers. We learn much about God from each other. **Thank You, God, for Your Way of Escape!**

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