

QUITTING IS NEVER AN OPTION, NOR SUICIDE!

.....*Phillipians 4 verses 4, 6 & 7*

INTRODUCTION

Just in our Country - Nigeria , in this year 2019, there had been many shocking news of people committing "SUICIDE" on an account of being heart broken , homeless , bankrupted etc. Undoubtedly, challenges are inevitable and the weight they have varies on individuals. However, the actions we take in the time of trials will prove if we are truly what we are called in "1Peter 2 : 8 & 9....."royal priesthood , a holy nation and God's special people."

THE LESSONS!

There is a state of mind we could infer to be common with suicide VICTIMS called - "Depression".

Depression is defined as a medical condition in which a person feels very sad and anxious and often has physical symptoms such as being unable to sleep.

So, in a nutshell, to be depressed means "to be sad, without HOPE". In other words, a depressed person is a very SAD and HOPELESS PERSON.

Our kick off text , Phillipians 4:4 says " Rejoice in the Lord ALWAYS. Again I will say rejoice".

Emphasis on "ALWAYS" used in that passage shows that we are to rejoice in God in all situations and conditions we may find ourselves - both the GOOD and the BAD, such as in ; joblessness, lack of children, bankruptcy, career failures , tragedies and when all is going fine with us.

"who shall separate us from the LOVE of Christ? Shall tribulation, or distress , or persecution , or famine , or nakedness , or peril or sword?".....Romans 8:35

"Yet in "all these things", we are "more than conquerors" through him who loved us".....Romans 8:37.....read on to verse 39.

NOW , LET'S SETTLE SOME QUESTIONS.

- Can a Christian face challenges today? Oh, YES!
- Can a Christian fall into depression? Oh, YES! (Christians are also humans that have blood running through their veins)

• How is a Christian now different from an unbeliever in the time of depression?

This can only be seen in the responses and actions they may take :

✓ an unbeliever may quit trying , but a Christian should keep going.

✓ an unbeliever may commit suicide but it is a Taboo for a Christian , even to think of such evil act.

✓ an unbeliever may become hopeless , but Christians should hope in God.

✓ an unbeliever may blame God but a Christian should give thanks and believe God allows it because He/She had been made able to bear it.

"No temptation has overtaken you except such as is common to man", but God is faithful, who will not allow you to be tempted beyond what you are able, BUT WITH THE TEMPTATION WILL ALSO MAKE THE WAY OF ESCAPE , THAT YOU MAY BE ABLE TO BEAR IT."1Corinthians 10:13.

CAUSES OF DEPRESSION!

We may not be able to exhaust the causes of depression but I believe a large percentage of us might be familiar with or have gone or even at present going through , any of the few listed below.

- Lack of money (....being very broke)
- failed relationship (...heart breaks)
- Trouble-Fill Marriages
- Sexual harassment / Abuse
- Failed Career / Business (.... joblessness/unemployment inclusive)
- family / societal pressure (....e.g to get married)
- domestic violence , ill health , terminal diseases, child bearing , homelessness etc.

Phillipians 4:6 tells us what should be our reactions in all these situations; "Be anxious (worried) for nothing , but in everything by prayer and supplication , ***with thanksgiving , let your requests be made known to God.***

To be "worried" means "thinking about unpleasant things that have happened or that might happen and therefore feeling unhappy and afraid".

So why worry , when you can pray? If it is a condition you can change , then think through and take actions , but if it's a condition you cannot change, all you have to do is putting it in prayer onto God.

".....with thanksgiving, let your requests be made known to God".....Phillipians 4:6b

Truly , no one should or must boast that he cannot enter into a state of depression , but to persevere, endure, be hopeful in God we **MUST** demonstrate like Job, though he was depressed (so we may say), the bible says he didn't sin in all his challenges, having lost all he had just in a day , yet was struck with painful boils from the sole of his foot to the crown of his head. (Job Chapters 1 & 2)

Yet , he went ahead to say; **"Naked I came from my mother's womb , and naked shall I return** there. The Lord gave , and the Lord has taken away , Blessed be the name of the Lord".Job 1:21.

Job was a man like us who came out of his depression and sorry state by his faith in God.

Hasn't the bible told us that;

"Man who is born of woman **is of few days and FULL OF TROUBLE.**" Job 14:1.

And also , we have been informed that; ".....the **JUST** shall live by faith"Romans 1:17.

1Peter 5:7 added ; "casting all your care upon him , for he cares for you".

TIPS ON HOW TO GET OUT OF DEPRESSION

1. Rejoice always - 1Thess. 5:16

- radiate happiness , spread it!

- you are not the only one that have challenges. Some people are even aiming at being in your level , to also acquire to the level of what you have or at least attain close to your standard of living - so, be thankful , smile always!

- learn to greet people especially in the church. Relate with positive minded people - mingle with your brethren and stop frowning your face. Happiness is free!

2. Pray without ceasing - 1Thess. 5:17

3. Give thanks in "everything" - 1Thess. 5:18

4. Stop comparing yourself to others.

5. Avoid pressure - either from family , society or friends . Do not yield to any kind of pressure. Learn to be calm in all situations. God will give you a child, a job, a house, a car, a good health etc in his own appointed time soonest, trust in him.....ALONE!

Learn to say ; "It is well!"

6. Be contented with whatever you have Hebrews 13:5

7. Do not forsake the assembly of the saints, lest you become isolated from your brethren and God.....Hebrews 10:25.

8. Make friends of God's children; learn to share your problems with faithful brethren - their words and advice can go a long way in fixing your state of mind.

IN CONCLUSION

Dear Brethren, taking your own life is a SIN and quitting neither shows nor proves that you are walking by Faith. Our God is forever faithful , He cannot lie - Numbers 23:19

If he had said he will never leave nor forsake us - be assured he will do just exactly as he has promised. All we need to do is to "TRUST AND OBEY".

"but seek first the kingdom of God and His righteousness, and all these things(i.e your needs) shall be added to you"Matthew 6:33, **have you been diligent enough to obey this?**

Also note that, it is possible to be "happy even in your needs" and also possible to be "sad in your everything/possessions".....**GOD is our true happiness.**

"So, rejoice in the Lord always. Again I will say, rejoice!"

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