

WISDOM KEY BOOK

FIVE STEPS OUT OF DEPRESSION



MIKE MURDOCK

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Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible.

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Tired Eyes
Rarely See
A Good Future.

-MIKE MURDOCK



WHY I WROTE THIS BOOK



I will never forget it.

It was past midnight. The crusade was over and I sat in an expensive home owned by the fine pastor of a very successful church. Two Cadillacs were parked on the drive. From outward appearance, life could not be better.

Yet, he was weeping.

“I have been in the ministry more than 20 years. God has blessed me more than I ever dreamed. Yet, I have been living with *depression* that has brought me to the very brink of *leaving the ministry*. It is like a wave about to drown me and my entire family. What in the world is going wrong?”

Frankly, I really had no quick solution. All I knew was that this scene was being repeated all too often in the ministry. And if this was happening to clergymen, the very leadership of the Christian church, what must be happening to our people?

Certainly there are normal setbacks that motivate us to action. Temporary

knocks deflate our arrogance. But the depression in my ministry friend was not the Godly sorrow of 2 Corinthians 7:8-10 that “worketh repentance.” It was the sorrow of the world that worketh death.

Symptoms Of Depression

- 1. Your Motivation Is Drained.**
- 2. Your Desire To Pursue God Departs.**
- 3. Your Conversations Become Sour.**
- 4. You Are Blinded To Current Blessings.**
- 5. Your Enthusiasm Is Forced.**
- 6. You Are In A Daze Regarding Future Plans.**
- 7. You See Thorns Instead Of Roses.**

5 Steps Out Of Depression

There is a way out!

This book defines five Scriptural principles you can use to walk out of depression. This is literally a “state of mind.” “...for as a man thinketh in his heart, so is he,” (Proverbs 23:7).

So, Paul encourages *Thought-*

Control. “...whatsoever things are true...honest...just...pure...lovely...of good report;...think on these things,” (Philippians 4:8).

My father calls it “The Whatsoever Formula.”

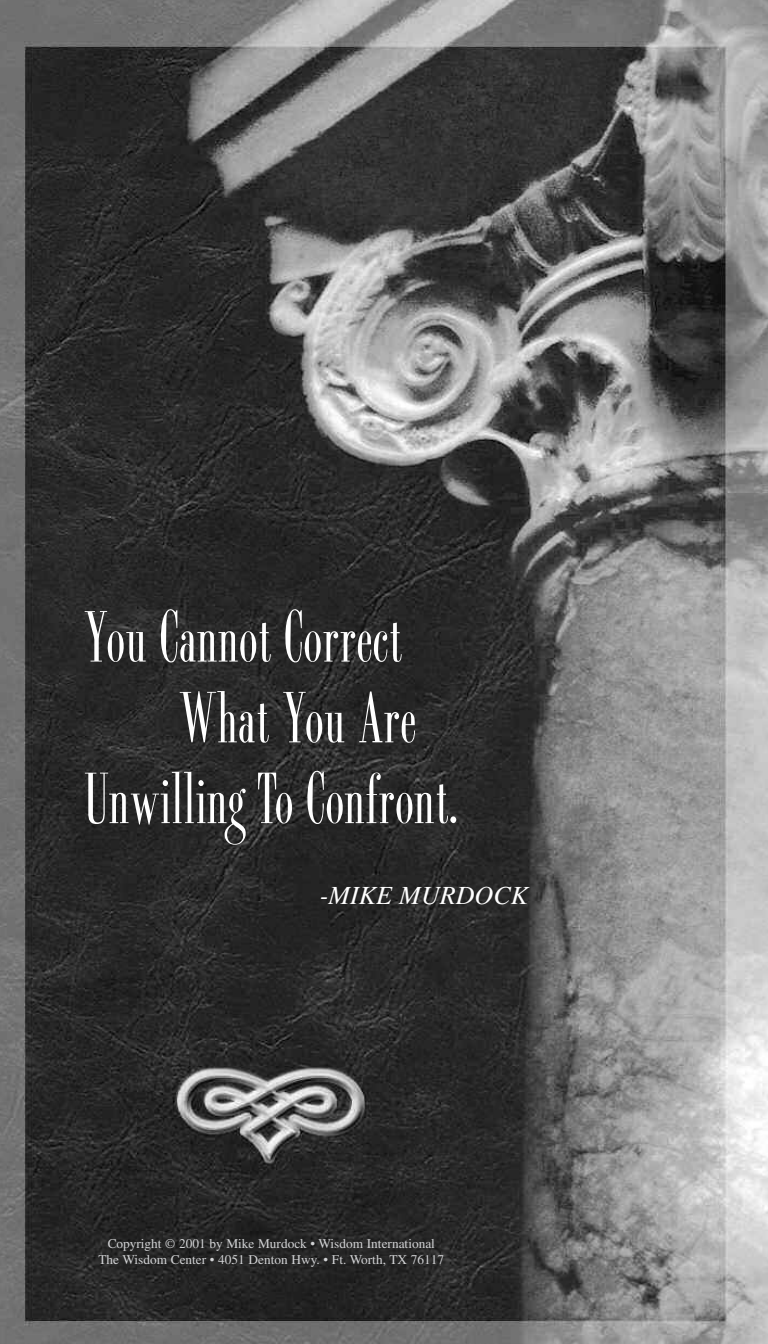
Your depression can be temporary. Our Heavenly Father will “give thee rest from thy sorrow,” (Isaiah 14:3). Read on in faith! Regardless of how dark your circumstances, God’s Word “giveth light,” (read Psalm 119:130).

- ▶ *What You Keep Hearing, You Eventually Believe.*
- ▶ *What You Believe Determines What You Feel.*
- ▶ *What You Feel Affects How You Influence Others.*

You Can Break The Spirit Of Depression.

That is why I wrote this book.

Mike Hundock



You Cannot Correct
What You Are
Unwilling To Confront.

-MIKE MURDOCK



1

UNDERSTANDING THAT DEPRESSION CAN COME TO EVERY ONE OF US



Depression Is A Powerful Force.

*Many Great People In History
Fought Depression.*

Your feelings are not unique or unusual! Biographies of notables such as Abraham Lincoln and Winston Churchill record periods of great depression during the lives of these gifted personalities.

According to one survey by the National Institute of Mental Health, at any one time, perhaps *one-third of the population* is experiencing depression!

The Bible fascinates us with such details about the feelings of highs and lows in the lives of Spirit-filled men!

Depression occurred in the life of the Musician and king, David, He sobbed: "Why art thou cast down, O my soul? and why art thou disquieted within me?" (Psalm 42:11).