



Master
OF YOUR
EMOTIONS

Let's Talk About Depression

Audrey Mack

LET'S TALK ABOUT DEPRESSION

This is not something I merely read about—it is something I personally experienced and overcame.

About 27 years ago, shortly after I got married, the Lord asked me to put my ministry on hold for two years in order to build a strong foundation in my marriage. To me, it felt like death—the death of who I was as a missionary, the death of my passion, and the death of my calling.

Needless to say, I entered a dark season. I slept excessively, broke down in tears throughout the day, and was overwhelmed with feelings of hopelessness and abandonment. At times, I would even wake up in the morning with suicidal thoughts.

I did not understand what was happening. A doctor diagnosed me with a chemical imbalance and prescribed antidepressant medication. Like many others, I accepted the explanation that my depression was caused by this imbalance





DEPRESSION - WHAT *Is the* ROOT?

Over time, I came to realize something very different: depression is not caused by a chemical imbalance—rather, the imbalance is caused by those very unstable emotions, aka depression.

Modern psychology teaches us to view and accept all these negative emotions as being natural and a part of life, but we must understand that we have a choice. I am not talking about denying that these emotions exist, but the bible teaches us something higher: we are not meant to be ruled by them—we are meant to master them.

JESUS HIMSELF COMMANDED HIS DISCIPLES TO CONTROL THEIR EMOTIONS, EVEN IN THE MOST DIFFICULT CIRCUMSTANCES:

“Let not your heart be troubled. You believe in God, believe also in Me.” John 14:1 (NKJV)

Other translations say:

- “Do not let your hearts be troubled...”
- “Do not let yourselves be disturbed...”

This clearly shows that we have both the ability and the responsibility to govern our emotions. It would be unjust for Jesus to command something impossible.

The apostle Paul echoes the same truth:

“Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.” Philippians 4:6–7

We are not slaves to our emotions—we have authority over them. It is our choice.

“I have set before you life and death... therefore choose life, that both you and your descendants may live.”

Deuteronomy 30:19

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

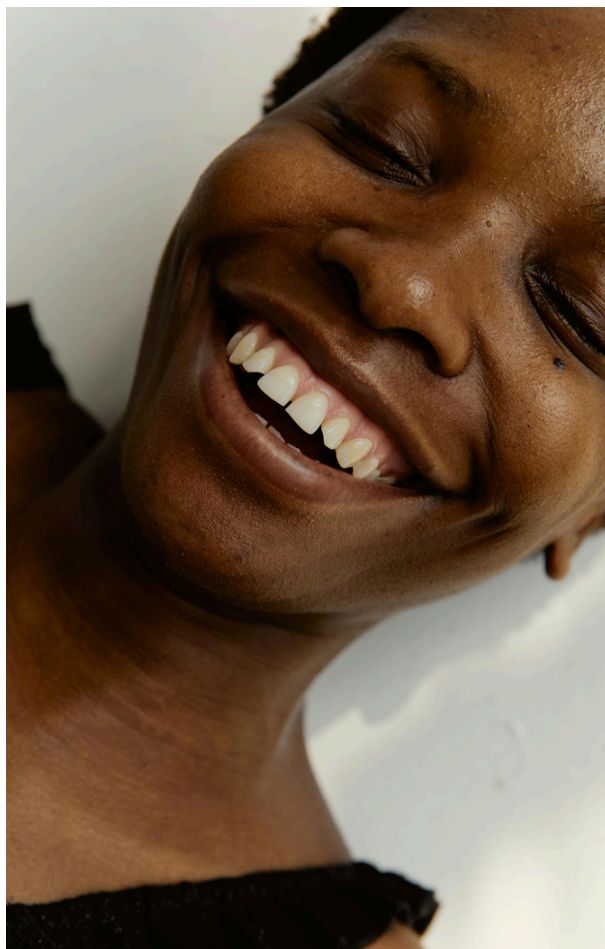
Philippians 4:8

“For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.”

Romans 8:6

Life and peace are the result of what we choose to focus on.

(Interestingly, Jesus conquered the enemy at Golgotha—the “place of the skull,” the place of the mind.)



WHY THIS MATTERS?



Because our emotions directly affect our physical bodies:

“Anxiety in the heart of man causes depression.” Proverbs 12:25

“A broken spirit dries the bones.” Proverbs 17:22

We can clearly see the progression: it begins with unchecked fear or worry, settles into depression, and can lead to sickness.

CONTROLLING OUR EMOTIONS — 101

1) Change your thoughts to change your feelings.

Emotions follows thoughts.

“As he thinks in his heart, so is he.” Proverbs 23:7

“The mind set on the flesh is death, but the mind set on the Spirit is life and peace.” Romans 8:6

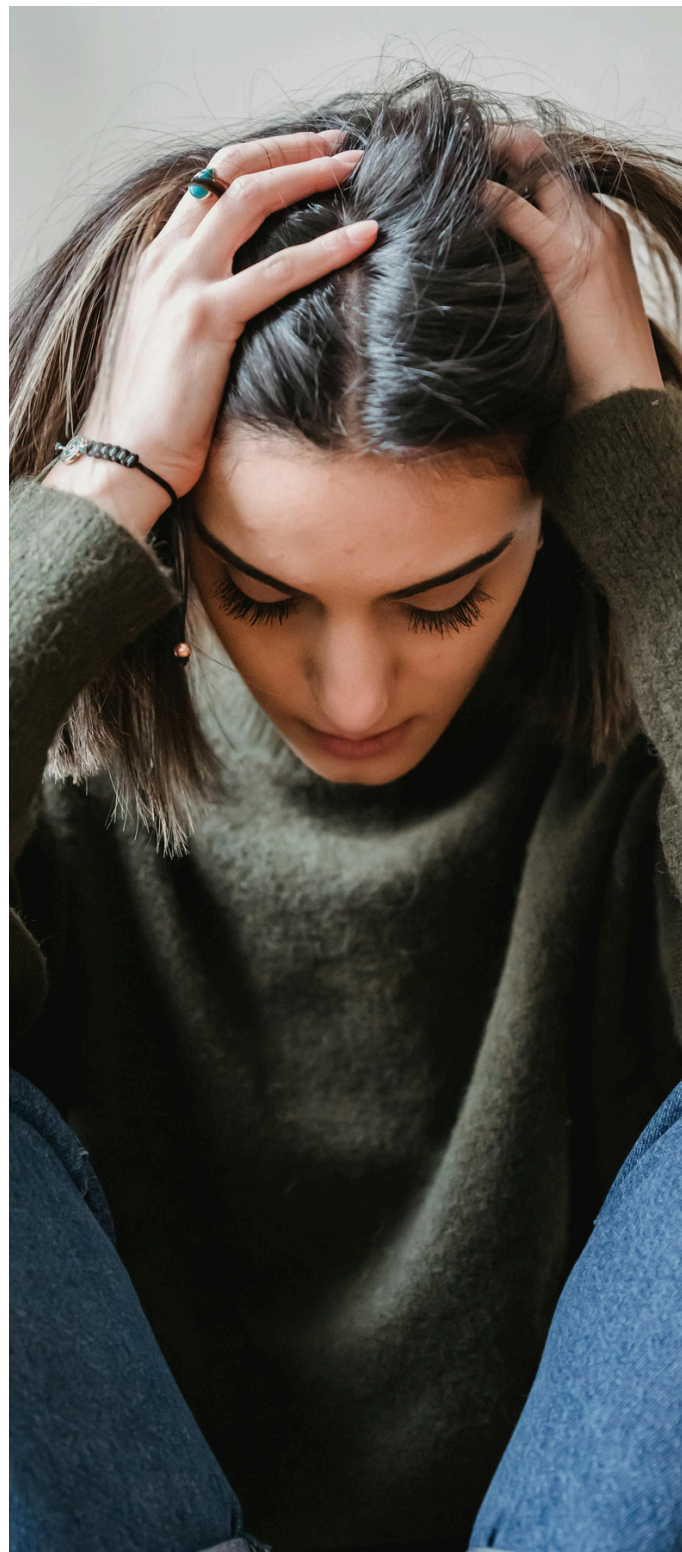
If you want to change what you think about, you must change what you expose yourself to—what you look at and what you listen to.

Your thoughts follow your focus. This is why Jesus instructs us:

“Look at the birds of the air... consider the lilies of the fields... seek first the Kingdom...” Matthew 6:26–33

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2) Choose to praise the Lord

David had every reason to fall into depression. He was rejected by King Saul, hunted, and forced to live in caves—yet he was anointed and called by God.

“David strengthened himself in the Lord his God.” 1 Samuel 30:6 NKJV

“But David encouraged himself in Jehovah his God.”

1 Samuel 30:6 MKJV

How did David do it?

He spoke to his soul. He redirected his focus. He chose praise.

“Why are you cast down, O my soul? ...Hope in God, for I shall yet praise Him.” Psalm 42:6



Paul did the same:

“But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.” Acts 16:25

Praise is a powerful weapon against despair.

3) Pray in the Spirit

“Therefore I remind you to stir up the gift of God which is in you... For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

2 Timothy 1:6–7 NKJV

“Fan into flame the gift of God...”

2 Timothy 1:6–7 BSB

Praying in the Spirit activates what is already within you—the strength, joy, and peace of the Holy Spirit.

Once, I experienced this firsthand while in Ethiopia. I felt a deep loneliness settling in, and as I fixed my attention on my situation, it only got worse. Suddenly, the Father gently corrected me and prompted me to begin praying in the Spirit.

Within ten minutes of praying in tongues, everything shifted. I went from heaviness to joy—laughing, rejoicing, and thanking God for the privilege of being on the mission field.



In CONCLUSION

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GoTell

We are not victims of depression, but In Christ, we are masters over it. In Him, we are more than conquerors.