

## Ten things God does for us when we are depressed

*“Casting all your distraction on Him, because He is distracted for you” {i.e. for your sake}*

**1 Peter 5:6** ~~Humble yourselves~~ under the mighty hand of God, that He may ~~exalt you at the proper time~~

**Get on an even keel** under the mighty hand of God, that He ~~may~~ **will lift you up (just) in time,**

**Luke 3:5** 'EVERY ~~RAVINE~~ **LOW SPOT** WILL BE FILLED,

AND EVERY MOUNTAIN AND HILL WILL BE BROUGHT LOW;

THE CROOKED WILL BECOME STRAIGHT,

AND THE ROUGH ROADS SMOOTH;

**6** AND ALL FLESH WILL SEE THE SALVATION {i.e. DELIVERANCE} OF GOD."

**John 15:2** "Every branch in Me that does not bear fruit, He ~~takes away~~ **lifts up;** and every branch that bears fruit, ~~He prunes~~  
He **cleanses** it so that it may bear more fruit.

**Acts 4:24** And when they heard this, they lifted their voices to God with one accord and said, "O Lord, it is You who MADE THE  
HEAVEN AND THE EARTH AND THE SEA, AND ALL THAT IS IN THEM"

**Acts 13:17** "The God of this people Israel chose our fathers and made the people great during their stay in the land of Egypt, and with  
an uplifted arm He led them out from it.

**Hebrews 10:2** Otherwise, would they {i.e. the Old Testament sacrifices} not have ceased to be offered, because the worshipers,  
having once been cleansed, would no longer have had consciousness of sins?

**7** casting all your ~~anxiety~~ **distraction** on Him, because ~~He cares for you~~ He **is distracted** for you {i.e. for your sake}.

**2 Corinthians 11:28** ...there is the daily pressure on me of concern {i.e. distraction} for all the churches.

**Luke 19:35** They brought it to Jesus, and they threw {i.e. cast} their coats {i.e. robes} on the colt and put Jesus on it.

8 ~~Be of sober spirit, be on the alert.~~ **Be alert, be vigilant.** Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

9 But resist him, firm in ~~your~~ **the** faith, knowing that the same experiences of suffering are being accomplished by your ~~brethren~~ **brothers and sisters** who are in the world.

**1 John 5:18** He who was born of God keeps him, and the evil one does not touch him.

10 ~~After you have suffered for a little while~~ **After suffering for a little while**, the God of all grace, who called you to His eternal glory in Christ, will Himself ~~perfect, confirmed~~ **restore, support**, strengthen and establish you. {i.e. establish your foundation}

**Matthew 4:21** Going on from there He saw two other brothers, James the son of Zebedee, and John his brother, in the boat with Zebedee their father, mending their nets; and He called them

**Luke 6:40** "A pupil is not above his teacher; but everyone, after he has been fully trained, will be like his teacher."

**Exodus 17:12** But Moses' hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other.

**Hebrews 1:10** "YOU, LORD, IN THE BEGINNING LAID THE FOUNDATION OF THE EARTH, AND THE HEAVENS ARE THE WORKS OF YOUR HANDS

**Ephesians 3:17** so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love...

11 To Him ~~be~~ dominion forever and ever. Amen.

12 Through Silvanus, our faithful brother (for so I regard him), I have written to you briefly, exhorting and testifying that this is the true grace of God. Stand firm in it!

13 She who is in Babylon, chosen together with you, sends you greetings, and so does my son, Mark.

14 Greet one another with a kiss of love. ~~Peace be to you all who are in Christ.~~ **Peace to you all** {i.e. y'all} **in Christ.**