



CHAPTER 3

Depression Has A Progression

BY: PASTOR KATHY A. E. JONES

Life isn't about waiting for the storm to pass... It's about learning to dance in the rain. – Vivian Greene.

You see, situational depression really starts when you have expectation that keep getting pushed down or further and further away from your original dreams and aspirations.

What really makes us feel and respond the way we do is often not the situation or the words and actions of another person, but how we *perceive* that situation or that person's actions. It is how we see something or someone and what we *think* about it or them that really influences how we feel. It is our thoughts and beliefs about an event that significantly influences our emotions and actions.

II. Anger and Wanting to Lash Out

My previous thinking patterns were helping me to remain in a continual state of situational depression. I was so angry in that state, sometimes intentionally and sometimes unconsciously.

Angry at myself:

I was angry at myself for being sick and not being able to do normal stuff without pain or medication. Angry at myself for being angry at everybody else. Angry at myself for not being spiritually mature enough to gracefully handle this whole ordeal. Angry at myself for being angry at God.

Angry at my husband:

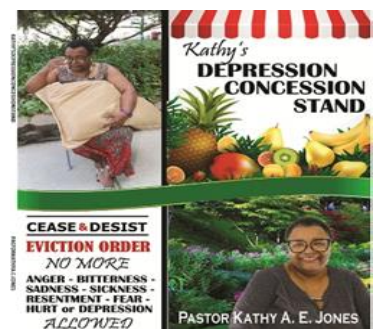
Angry at my husband for being my husband. Angry because during that time I felt he was all about himself. If he got the milk, he didn't care about preparing green pastures for the cow. I was angry at him for caring more about the church and its ministry than his ministry to his wife at home.

Angry at my doctors:

Angry at my doctors because they never had any good news. Angry at them because they were expensive and a lot of times, I had to wait on them for hours after I got to their office on time for a scheduled appointment. Angry because the medicines they gave me many times didn't help alleviate the pain.

Angry at my community, well-meaning church members/friends:

I was angry at them for continuing to have babies when I thought that I would never be able to. Angry at them for abusing babies they had because they really didn't want to have



them in the first place. Angry at them for aborting babies when people like me could adopt them for our very own.

Angry at God:

Angry at God for not responding the way I thought he should have to my physical and emotional status.

III. Tremendous Bitterness and Sadness

If anger wasn't bad enough, along came bitterness and sadness. The depression progression seemed to never end. Sometimes I was able to get through the emotions that came with anger by just allowing myself to sulk in the spirits of bitterness and sadness that followed. Remember I was a "good Christian." I kept the "Big 3." This wasn't supposed to be happening to me! But somehow, I was subconsciously and maybe even at times deliberately comforting myself through them. I never realized that just like Simon in Acts chapter 8, I had allowed things in my past to corrode my God-ordained future.....

It was important for me to know that bar from a miracle, most of the time bitterness wouldn't just disappear on its own. It had to be put away. That called for an act of my will. It was something that I had to do. When bitterness/sadness raised its ugly head, I had to take authority over it and confess what God's words says about it. If I didn't, not only would I reap the spiritual ramifications, but I would and did also reap the natural ones.

According to psychologist Dr. Carsten Wrosch, "Bitterness Can Make You Sick and Persistent bitterness may result in global feelings of anger and hostility that, when strong enough, could affect a person's physical health,"

<https://psychcentral.com/news/2011/08/10/bitterness-can-make-you.../28503.html>

Evangelist David Padfield of the Church of Christ in Zion, IL puts it this way:

The basic cause of bitterness is sin and the guilt it produces. An individual with a guilty conscience often becomes bitter and repulsive. The story of Cain illustrates the progression of sin. Cain began by giving a sinful offering (Gen. 4:1-8). Abel gave his best, whereas Cain merely brought an offering. When God rejected the offering, Cain complicated the matter by responding wrongly—he got angry and depressed: his face "fell." Cain's anger was noted by God, who warned against the consequences of this wrong response. God graciously said, "If you do well, will you not be accepted?" Or, as some translations say, "If you do right, you will feel right."

<https://www.padfield.com/2002/bitterness.html>

Yes, I found out that Depression does have a Progression and that it is nothing to play around with. Depression will somehow manage to steal away everything good God has for you and me.

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Contact the author for speaking at: kaedj1@gmail.com or 12003 S. Pulaski Rd. #202 Alsip IL. 60803