

thoughts and beliefs we hold. Falling down does not make you failure but staying down does, "For a righteous man may fall seven times and rise again" (Proverbs 24:16).

8. Develop personal insight-the ability to predict how you would most likely react in a given situation and how to minimize negative consequences. Awareness of personal vulnerability is essential here.
9. Have faith in God that through His intervention in your life and your efforts and those of others, conditions will improve and you will begin to feel better. The prophet Isaiah tells us, "If you will not believe, surely you shall not be established" (Isaiah 7:9).

When one says the Lord Jesus Christ understands what we are going through and can do a much better job of taking care of us than we can one must remember the Lord understands grief (remember Lazarus), and the sense of abandonment (the Holy Cross) and the anticipation of the future (agony in the garden) and pain at its height.

God uses all sorts of people in the Holy Bible, but He never uses those who are depressed or discouraged. Depression and discouragement are two of Satan's most powerful tools.



Self Esteem

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Forgetting the Good

Do good and forget it... It is inside yourself -Do not think about it. In case you fall into self-righteousness, conceit, and thinking too highly of yourself. Forget the goodness too before God-lest you do what the Pharisee in the Temple did, for he did not go home justified before God (Luke 18). Forget only good deeds that you have done, so that it can be stored up for you in Heaven, because by recalling it, you will lose it. This was the problem of the righteous Job, and the cause of his trial (Job 29). Do not forget the good which others do to you, rather make it a reason for them to be closer to your heart. Be grateful to them and thankful for what they have done...

Depression

The symptoms of depression in the young adult may be described as "feeling down." In general, depression affects a person's mood, thinking, functioning or behavior. A young adult may be visibly sad, blue, or worried although increased irritability is another very common sign. He or she may lose pleasure in activities they once enjoyed and social withdrawal is common, may demonstrate a change in weight or appetite. Sleep disturbances may occur.

Low self-esteem is common as well as negative thoughts about the future. Confusion and difficulty making decisions often occur. Exhibiting tiredness (lack of energy) related to daily tasks, often with decreased school performance occurs. Anxiety could develop (a feeling that something terrible yet unknown is going to occur. You do not have to have all these symptoms or even most of them to be diagnosed with clinical depression.

You may say: "Everyone laughs at me", "I can't do anything right," "I don't see much to look forward to in the future," "I haven't got any friends," "I feel like I am a bad person."

Mina used to be a fairly reliable and likable young man. He used to enjoy going to deacons' meetings with his father and playing football with his friends. Over a few months, however, he seemed to lose interest in most of his favorite activities: all he said was "what's the point." He seemed also to think that no one wanted to be friends with him anymore. He began missing Sunday School and serving as a deacon. He seemed to be hating himself-all that he could see were the things about him that were bad.

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pray."

Steps to Improve the Negative Consequences of Depression

1. Pray, Holy Book of St. James 5:13 says, "Is anyone among you suffering? Let him pray."
2. One of the best ways to forget your own problems is to help someone solve his. "Let each of you look out not only for his own interests, but also for the interests of others"(Philippians 2:4).
3. Improve your communication skills
4. Take a vacation or just simply get some rest. Holy Book of Psalm 127:2 tells us, "It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep."
5. Get some exercise (endorphins, relaxation, releases bottled up emotions)
6. Practice saying positive things to yourself. Sometimes we are so busy adding up our troubles that we forget to count our blessings. In Holy Book of Psalm 77:11-12 we find, "I will remember the works of the LORD; surely I will remember Your wonders of old. I will also meditate on all Your work, and talk of Your deeds."
7. Know that feelings come from