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- ATS student
- Ephesians 4:26-27, “In your anger do not sin’; do not let the sun go down while you are still angry, and do not give the devil a foothold.”
- This little passage gives us great wisdom about how to break free from depression. Let’s look at how God can help us break free:

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- **First, sometimes depression is rooted in anger that has turned inward, and we must forgive in order to break free.** Ephesians 4:26-27, “In your anger do not sin.’ Do not let the sun go down while you are still angry, and do not give the devil a foothold.” v. 31-32, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

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- **First, sometimes depression is rooted in anger that has turned inward, and we must forgive in order to break free. Eph 4:26-27**
- When we fail to process anger properly we open ourselves up to darkness. (anger turned inward becomes a root; rotten smell)
- Two common scenarios of anger & depression: (1) Abuse & (2) long term relational hurt & anger

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- **First, sometimes depression is rooted in anger that has turned inward, and we must forgive in order to break free. Eph 4:26-27**
- Basics on forgiveness:
- Forgiveness is a gift granted by the offended party. It can be offered unilaterally.
- Trust is earned.
- Reconciliation takes two. (cup/gallon)

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- **Second, sometimes in order to get free from depression we have to deal with the soul wounds that underlie our anger. Often beneath the anger is hurt; we have been wounded, and we need healing. Jesus can heal our soul wounds, and his healing presence can help free us from depression.**

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- **Second, sometimes in order to get free from depression we have to deal with the soul wounds that underlie our anger.** Isaiah 53:4-5, “Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

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- **Second, sometimes in order to get free from depression we have to deal with the soul wounds that underlie our anger.**
- Jesus took up our pain on the cross. Just as his blood is sufficient to atone for all of our sins, his death is sufficient to redeem all of our pain. (healing memories – e.g., rape)
- Remember: It is also important to grieve our losses.

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- **Third, sometimes when our anger is unprocessed it can lead to depression that is demonically reinforced & to break free from the depression we have to break free from the demonic strongholds.** Ephesians 4:26-27, “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (anger – hanging a welcome sign) (Mt 18 – how many times?)

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- **Third, sometimes when our anger is unprocessed it can lead to depression that is demonically reinforced & to break free from the depression we have to break free from the demonic strongholds.**
- Mt 18:34, “In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.” (torturers)

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- **Third, sometimes when our anger is unprocessed it can lead to depression that is demonically reinforced & to break free from the depression we have to break free from the demonic strongholds.**
- Sometimes we need to break demonic curses. (like a heavy cloak) (bless)
- Sometimes we need deliverance. (Haitian woman)

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