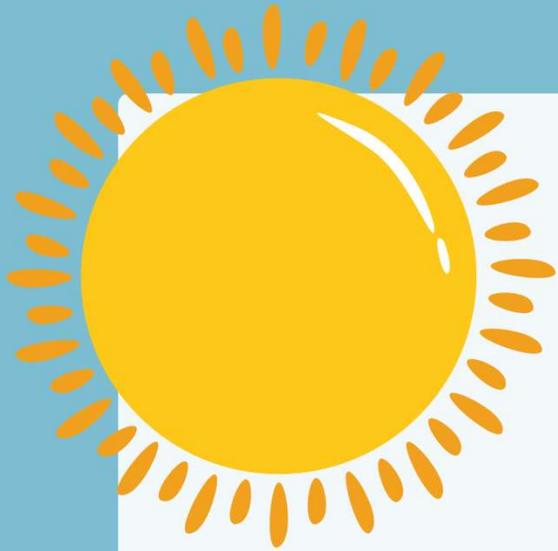


SEASONAL DEPRESSION

DrivenToBeFree.org

Lisa Piper & Amber Duncan



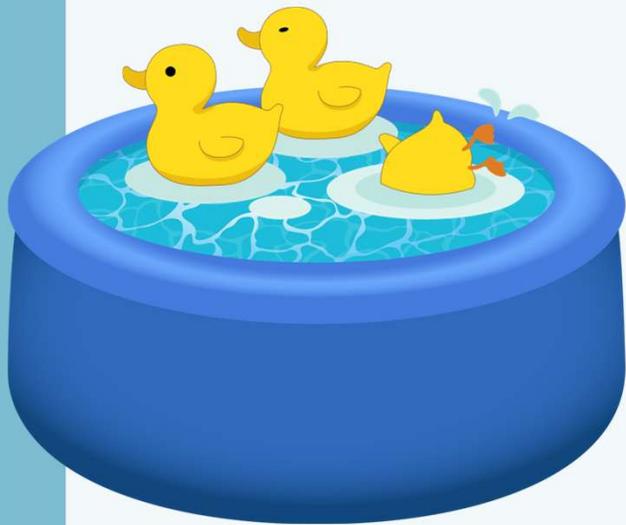


WHAT IS IT?

Seasonal depression is a distinct type of oppression that only seems to surface during certain seasons.

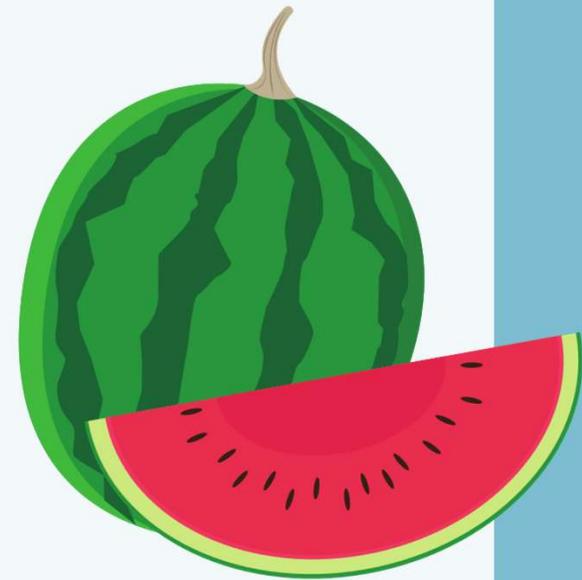


A person who doesn't usually struggle with depression may experience feelings of emotional or spiritual heaviness during Fall or Winter but rarely in Spring or Summer.



Likewise, a person who struggles with depression may find their battle with depression is much more difficult during a specific time of year.

Symptoms of seasonal depression are similar to those of normal depression, but they arise in heavy concentration during certain parts of the year. The most common symptoms of depression are:





SYMPTOMS

- Unshakable sadness, doubt, hopelessness, and despair
- A loss or surge of appetite
- Weight gain or loss
- Fatigue and low energy
- Apathy

SYMPTOMS CONT.



- Self-isolation or reclusiveness
- Oversleeping or insomnia
- Extra sensitivity to previous traumas
- Behavioral issues
- Mood swings
- Mental fog and confusion
- Physical Pains

WARNING

If you or others are struggling with thoughts of suicide or self-harm, don't hesitate to seek help immediately. Find a pastor, counselor, or trusted friend and ask for support. If unsure where to turn, you can always call 988 (the Suicide and Crisis Lifeline).



For some, seasonal depression can be because of hormonal or nutritional imbalances. For others, it's linked to trauma or spiritual issues.





Suffering from depression should never be equated to a lack of faith or willingness to get well. The assumption that a person has depression because they lack faith is a dangerous and uneducated approach to dealing with depression.



Many faith-filled Bible heroes also struggled with depression. To learn more check out the stories of [Elijah](#), [King David](#), and [Jeremiah](#). Shortly before his betrayal, [Jesus dealt with anxiety](#) to the point of perspiring drops of blood!

Some of our heroes of the Bible, depression was a spiritual attack that required a miracle to overcome. In other instances, depression was the result of facing severe trauma.



In these cases, seasonal depression was a symptom that healed over time by walking through the circumstance, hand-in-hand with God, the shepherd of their soul. None of the circumstances meant one follower was more faith-filled than the other.





WHY DO
PEOPLE GET
SEASONAL
DEPRESSION?



Seasonal depression can be a spiritual battle, one that can be aided and overcome by deliverance ministry or inner healing. But it's never safe to assume that this is always the case.



Sometimes, seasonal depression is a reflection of our physical health, rather than our spiritual health.

PHYSICAL ISSUES



As the times and seasons change, so does our physical environment. Suddenly, the days are shorter. In response to these changes, our bodies inform us of this imbalance. Suddenly, we become fatigued and sleep-deprived. To make matters worse, these issues sprout into more issues. We become irritable, apathetic, pessimistic, sad, and downright depressed.



Intentional exposure to sunlight, nutritional supplements, and prescription medication can be of great help in treating the physical root of depression.



**TRAUMA-
RELATED
SEASONAL
DEPRESSION**



Seasonal depression can also be related to previous traumas. It's not uncommon for complex emotions or mental and physical heaviness to occur around the anniversary of a traumatic event.



Since trauma-related seasonal depression can be linked to body, mind, and spirit how we go about approaching it differs from person to person. Healing from such an event may involve several rounds of prayer, counseling, forgiving past hurt, healthy mourning, and deliverance.





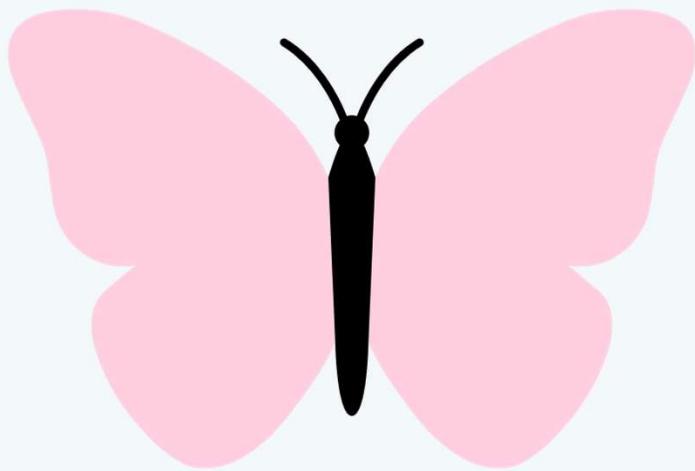
SPIRITUAL SEASONAL DEPRESSION

Like consulting a doctor before taking prescription medication, we would be putting ourselves in harm's way if we didn't consult God about how to handle both spiritual and trauma-related seasonal depression.

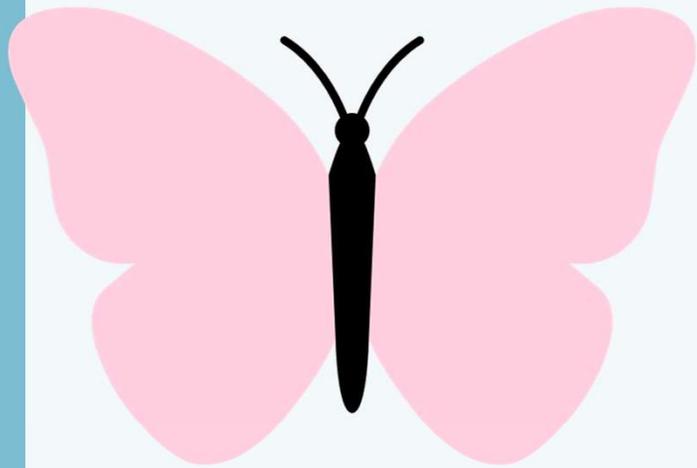


Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” – Matthew 11:28-30

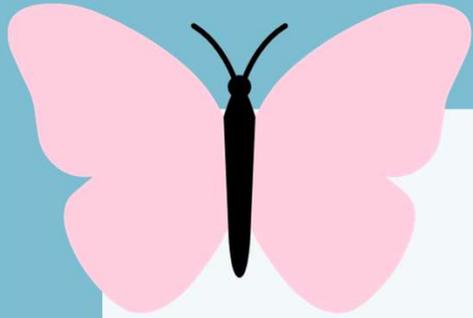




ASK 3 QUESTIONS

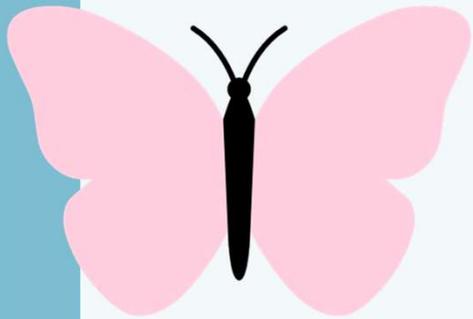


- AM I HEALTHY?
- AM I WHOLE?
- IS THIS ME?

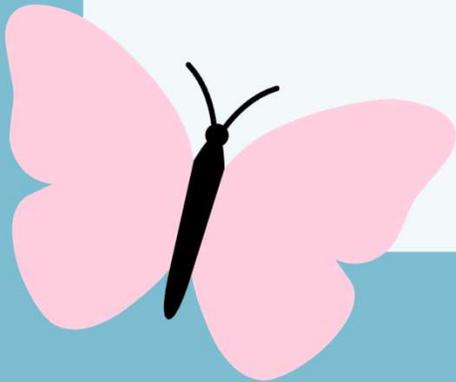


We know from the Bible that healing and casting out evil spirits were separate yet complementary practices of Jesus' ministry. Anywhere in the Bible where it mentions Jesus healing the crowds, deliverance follows suit. And for good reason!

Trauma is the favorite foothold of the demonic. After all, a broken heart is easier to infiltrate than a whole one.



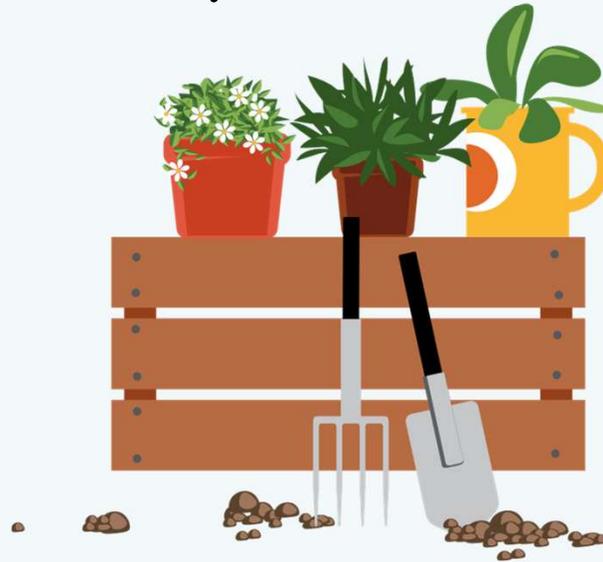
Going through deliverance is a unique experience. For some people, there's a large amount of healing and forgiveness that God leads them through before they are healthy enough for deliverance (which is much like spiritual surgery).



Changes like light & getting sleep
can also help in freedom ministries.



Issues with deliverance and the spirit of death



Annual anniversaries for those who have been involved in the occult, loss, trauma events.





Be bold if it is a spirit.
Immediate relief will come
when it leaves. But, we do
need to have our minds
renewed & be aware of
the wiles of the enemy.