

# “I’m Depressed; What Causes Happiness?”

I am depressed right now and so is my friend. What causes happiness? I don’t want the chemical description, but what stuff, like situations and actions, causes happiness? I know that the Bible says that just because we are Christians, doesn’t mean we won’t suffer. But how would I get out of depression? I don’t want an answer like read your Bible and pray, because I do that every night, and here I am still depressed. There’s no fun in life anymore, and somewhere along the line, I lost the fire of the Spirit. I wish I could get it back.

I realize yours is a very serious question, and having walked through deep depression with our son several years ago, I would be the LAST person to give you the cliché of “read your Bible and pray more.”

Sometimes, depression is caused by a brain chemical imbalance. In that case, medications are the best way to adjust the brain chemistry. Sometimes, depression is caused by unconfessed sin. That needs to be faced, repented of, and confessed, both to God and to other people. Sometimes, depression is caused by loss and sorrow. The way out of that kind of depression is to embrace the grieving process. That means facing and feeling the pain of loss and grief so that you can let go of it. (That also means crying, yelling, journaling one’s feelings, or all of the above.)

One very wise person has said that an intrinsic part of happiness is having something to look forward to. I have found this to be true.

So what causes happiness? Generally speaking, it’s:

- cultivating a positive attitude (This is admittedly harder

for people with melancholy temperaments.)

- not having anything sad going on
- the presence of something worth anticipating
- having friends; healthy relationships is an important part of happiness

And probably the most important thing I have to offer you is the suggestion that you cultivate a grateful heart. People who get in the habit of looking for and expressing gratitude for the small and large blessings of life find themselves in better physical and emotional health. One of the best things you can do for yourself right now is to invest in a small notebook and write in your "Gratitude Journal" every single night before going to bed. Write down ten things you are grateful for, things in which God showed you He loves you, things that went well during the day. Things like parts of your body that work and aren't in pain. Things that are easy to take for granted but which you would REALLY miss if they went away tomorrow, like your bed, running water, electricity, heating and air conditioning, having transportation, paved roads, lungs that breathe for you without having to think about it. . . you get the picture?

Usually, I suggest people write down three things, but if you're really struggling with depression, ten will help more. It will help you focus on the many, many good things in your life instead of focusing on the flatness and darkness of your depression.

Let me know several months down the road how you're doing, OK?

Sue Bohlin