

GREAT SPIRITUAL EXAMPLE OF HOW TO AVOID DEPRESSION

Unavoidable Circumstance

As the result of the brutal murder of John the Baptist, Jesus' close companion and forerunner, He was deeply distressed and emotionally devastated.

His first choice was to be alone.

However, His goal was delayed.

¹² John's disciples came and took his body and buried it. Then they went and told Jesus.

Jesus' Response

Jesus Feeds the Five Thousand

¹³ When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. ¹⁴ When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

¹⁷ "We have here only five loaves of bread and two fish," they answered.

¹⁸ "Bring them here to me," he said. ¹⁹ And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. ²⁰ They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. ²¹ The number of those who ate was about five thousand men, besides women and children.

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray.

Matthew 14

Example To be Followed

Jesus lays before us the path to follow regarding how to **avoid** depression.

(1)
Although His first desire was to be alone so He could pray to His Heavenly Father, He reached out to serve others first. He met the immediate need at hand.

As a human, this redirected His thinking.

(2)
Then He went to God in prayer for comfort and guidance.

Following His example will prevent us from going into depression.