

## **GOD'S DIGITAL BIBLE**

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This little Booklet called--**HAPPINESS And DEPRESSION**

--Are they a Choice to have or not have?--

--discusses **the Topics**: The Attitudes and Actions that create HAPPINESS

Things to Consider Thinking and Doing to Maintain HAPPINESS

The Attitudes and Actions that create DEPRESSION and SORROW.

The Reader will find a compact Treasure trove of information to be Happy and never have Depression.

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Thanks,

William Charnow

# **HAPPINESS And DEPRESSION**

## **--Are they a Choice to have or not have?--**

**NOTE:** The attitudes and thoughts that can lead to either Depression or Happiness are --Opposites--of each other.

### **--The Attitudes and Actions that create HAPPINESS--**

**LOVE leads to Happiness.** When we love God and love our neighbor, family, and friends as we love ourselves we feel good or have Happiness. Some of the qualities of Love from 1 Corinthians 13 are: being kind and considerate, Not keeping a record of wrongs done to you, having patience and long suffering towards yourself and others, enduring all things. So to have God's love--and your love lead to a state of Happiness there must be words and actions done--for God, yourself, and others.

**FORGIVENESS and showing MERCY equals Happiness.** We must Always Know that God has Forgiven Us--to maintain Happiness. Anytime you sin and you feel guilty ask God for forgiveness of it. And every night in your Prayer ask God to Forgive You of any Sins you feel Guilty of--and know were wrong to do.

--We must Forgive Ourselves Completely--just like we know God has forgiven us. Doesn't matter what we did if God forgives us and Remembers our sins No More than we are being pretty stupid--Not to also Forgive Ourselves completely.

If we are Forgiven by God but won't completely Forgive Ourselves--we will always be unhappy--and unable to forgive others. However, if we are forgiven by God and Jesus Christ of our sins, and we forgive ourselves and also like ourselves--then it is easier to forgive others. We have to give Mercy and forgive others--no matter what they did to us directly or indirectly--to maintain Happiness. The best way to forgive others--is to do it immediately. Start the day out by saying, "No matter what happens today I am going to forgive others and show Mercy immediately." If a person refuses to forgive someone completely from their hearts--then God won't forgive them. Mathew 6:15.

**Doing good things for others equals Happiness.** Jesus said, "It is better to Give, than receive." Acts 20:3, It feels good when we help others out. "If you just give a cup of cold water for Christ's sake to someone—you have a Reward coming for that good deed." Mark 9:41

**Not getting even or hurting someone but letting God be the Vindicator or Judge brings Happiness.** God says,"Vengeance is mine" Romans 12:17-21,

--So give place unto any vengeance and show forgiveness and mercy instead. If you hold a grudge and insist on doing vengeance or wrath yourself--then Unhappiness will surround you like a fog.

Having complete Faith, Trust, in God and his Word--equals Happiness. "Trust in God with All your heart and don't lean unto your own or others wrong understanding." Proverbs 3:5-6

---God will keep you in Perfect Peace IF--your Mind is Stayed/focused on Him--and Trusting Him completely." Isaiah 26:3.

Being Thankful--equals Happiness. –

People who complain and murmur all the time are Unhappy.

---In everything Give Thanks for this is the Will of God in Christ Jesus concerning you."

1 Thessalonians 5:18 We don't give thanks for everything bad that has happened to us, but in the midst of our problems or enemies--we Give Thanks for God being with us and helping us and delivering us in time." We should always give Thanks that we are going to Heaven for eternity with a new body, a personal mansion built for us, and enjoy the literal presence of the Godhead, Angels, and glorified saints forever."

Realizing how bad Hell is we should be--Always Thankful we are Not going there after we die.

### **Things to Consider Thinking and Doing to Maintain HAPPINESS:**

**The Joy of the Lord--is your Strength. Nehemiah 8:10.** You decide to be happy or sad. Smile or Frown.

**You bring your own Weather wherever you go** such as happy or joyful--or sad and depressed.

**Avoid negative people--who are unhappy or depressed** all the time--and are doing nothing about it. Their negative mental issues are like a plague--stick around it and pretty soon you become--complaining and negative also.

**It's not the stuff around someone making them unhappy---but instead it's their response--to the things around them.** Two different people go through the same circumstances one is happy--and one is depressed.

**"A happy merry heart and attitude is just like a good Medicine for your whole body,** A person with a happy or merry heart--has a continual spiritual and mental Feast." Proverbs 17:22

**"Forget your Past, it's forgiven and Press On** walking on the narrow path with Christ." Philippians 3:13.

**“God chose you before the foundation of the world and he accepted you with all your faults.” Romans 8:29, Ephesians 1:4.** So if God loves you so much--you should Love Yourself. Be your unique self--and don't act like someone else.

**It is better to face problems and sinning right away--**instead of not dealing with them.

**Enjoy the ride along the way to your goals** and walk righteously with the Lord. Think always--The Lord is my Shepherd.

**--There is No Condemnation to those in Christ Jesus—who walk Not after the world or doing sinning** but instead--seek holiness and obedience to God.” Romans 8:1

**Don't be Fearful or Worry about Tomorrow--Today is all that counts--and live it by faith and Trust--in Jesus Christ** who said--I will never leave you or forsake you, I am with you until the end of the world. Hebrews 13:5, Deuteronomy 31:8.

### **The Attitudes and Actions that create DEPRESSION and SORROW:**

**Hate leads to Depression** and a one way ticket to Hell. “Overcome Evil with Good.” Romans 12:21. Overcome Hate thoughts--with Love and Forgiveness thoughts and actions.

**If you experience bad or negative thoughts and have a pity party or Depression.** Find out right then and there what you are thinking--and change Your Thoughts to Thankfulness to God.

**Listening to Worldly Music can bring back painful memories and/or sexual lustful memories** that will bring on sinful thoughts and actions. Listen to Christian Music or instrumental music instead of sinful worldly music.

**Unforgiveness equals—Depression every time you have it.**  
--Get rid of Unforgiveness--treat it as a Deadly Poison.

**Blaming others and making excuses--**won't set you free.

**Bitterness equals Depression--**Beware, Lest any--Root of Bitterness/resentment--grow up within you--and poison and destroy you like a Cancer--from the inside and then outside. Hebrews 12:15.

**Resentment equals Depression. Don't be angry at God, yourself, or others because things aren't going--exactly like you want.** Those things right now that are impossible with people or your present circumstances--are Possible with God's presence and help in

the situations. Luke 18:27.

--Are you Frustrated? Then--Pray to God and Ask for Help and

--Cast/put all your Cares upon Jesus for he cares for you.” 1 Peter 5:7, Philippians 4:6-7.

As the Song says--“Cast your burdens upon the Lord and--Leave them there.”

**Being Envious or Jealous** of someone's promotion or monetary increase, spouse, or anything you desire of theirs--always equals Depression for you.

**Being Fearful or Worrisome equals Depression.** Fear and Worry Thinking--comes from the devil, negative fearful people, and yourself.

--Fear and Worry don't come from God because the scripture says,

--**God has Not given You--a spirit of Fear and Worry**, but God gives us instead his Power, his Love, and a Sound Mind that doesn't have fear, worry, or depression in it.

2<sup>nd</sup> Timothy 1:7.

**Being Selfish or Greedy**--leads to Depression for you.

NOTE: If you have clinical diagnosed Depression my thinking after exhaustive research on Psychiatry and Psychology is to wean yourself off all the drugs and counseling you are getting. And ask God's Forgiveness for Not Trusting in Him completely. Then do what the Bible says and do what this Happiness and Depression booklet says to think, do, and also not do.

**END Of The HAPPINESS & DEPRESSION Topics**

**Contact and Donations:**

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