

Series: Warfare

Ending and Prevent Depression in Your Life

You May have people in your lives that you know are dealing with depression. You may know people that can be losing interests or feeling hopeless in their life everyday. People may stop having pleasures in their everyday activities. People dealing with depression can have sad situations. People with depression can notice weight gain or losing weight. People with depression eats more or less everyday. People with depression have more or less sleep. People with depression feel restless, tired, no energy, unworthy, guilty. People with depression have low self-esteem about themselves. People with depression have a difficult time focusing on things. People with depression feel worried, nervous or anxious. People with depression drink more alcohol and coffee. People with depression take more medication and prescription. The best thing to do if you are feeling down or living in depression is pray daily. It will end people evil ways to go out to do something stupid, such as steal, kill or commit suicide. People dealing with mental health or depression need to talk to the pastor of their church or psychologist. Pastors like myself give people spiritual counseling and support. Fasting is good for people with depression because of fasting, going to a quiet place to pray and read the bible. When you fast, you are eating healthy without flesh. I have provided help and guidance for people dealing with depression and mental health by personally helping people with financial assistance to buy Medication.

Ways to prevent depression or not live their lives in depression

- * Do not worry about others and just live your life on earth
- * Do not worry about others and make yourself stressful
- * Pray for people and love ones to have faith in God will look over them daily
- * Pray to God to help you feel confident and prevent yourself for feeling hopeless
- * Set goals for yourself when you are young and stick to them
- * Stick to fasting
- * Pray to God to eliminate your guilt, low self esteem in your everyday lives
- * Pray daily in your everyday lives to prevent yourself for feeling down about yourself
- * Cut out the smoking and alcohol