



Ray Edwards Show, Episode 354

The Ultimate Plan To Defeat Depression

Ray Edwards: You're listening to the *Ray Edwards Show*, episode 354. The Ultimate Plan to Defeat Depression. Today's show is totally un-produced. It's just me speaking Live to Drive. There will be a minimum, maybe no editing, so I may leave in all the mistakes. You can probably hear my voice is a little rough, and that's because I've been under the weather. I've had some kind of cold or virus for the last week or 10 days, and it's really taking its toll on me. It kind of leads to the content of this show.

Let me start by saying how I'm doing right now. I'm actually doing freaking amazing. I sound terrible, I think, to myself, anyway, but I feel great. I mean, I'm kind of weary and I have some aches and pains in my body but my spirit, my emotions, my mind all feel strong and centered like I haven't been in a long time. That's because I feel like I've once again won this battle that I'm going to describe in today's episode. I had not planned to be able to give you firsthand field notes, fresh from the battlefield, when I wrote this outline originally, but that's what's happening.

Just to give you some background. This has been an incredibly busy season for my company and for me, in particular. We have launched a number of initiatives. I've made a couple of deals with people to help them with projects and I've taken on more speaking engagements. I just really got on fire for the things that are opening up for us, opportunity-wise. Frankly, I said, "Yes" to too many things.

In an effort to get ahead and to kind of get off from under the feeling of the weight of all that, I recorded eight podcast episodes in advance. I recorded them all in one day. I was very happy with the results of that. It was only the day before, the first of those eight episodes were supposed to be published, that day was today, that we discovered that all of those audio files were corrupt. They were unusable. Last night, while I was still recovering from my recent illness and exhaustion, I found out I've got to record all these episodes over again and I just couldn't do it. Could not physically do it. That's why today's episode is late but it is being published today, on Monday, September 17th, 2018.

I tell you that and then I'll tell you some other things that happened. There's a point. I'm not giving you a sub-story. I'm actually delighted with what has happened, but I want to give you the actual background, the real world scenario which I was dealing with. That is I have been doing non-stop travel. I went to Nashville, spoke at a event there, Cliff Ravenscraft's Free The Dream Conference, which was fantastic. I traveled back home for two days and then went to California. I had the speaking engagement at Bethel Church before having a business in Redding.



That was amazing, but as the day before I was getting ready to leave that conference, I realized I was getting sick. Because of all of the travel that had come up before that, I had pushed myself to the point of physical exhaustion. My immune system just gave up to go, I think, and I was out. I got there. I slept the night before the speaking engagement. I was the second speaker on the first day. After that, I just collapsed in the heap, not literally. I didn't fall down from the people. I just went to my hotel room and fell on my bed and slept for, I don't know, probably five or six hours.

Then I slept for 12 hours that night and I slept for 12 hours the next day, and 12 hours the next day. Time that I had planned has been meeting with people and connecting in-- I was recovering, but it was something more than that. I felt God was saying to me, "Son, you need to rest. You're in a place now where I have enough influence over you that you're going to rest." I think that was just the spiritual atmosphere that I found myself in. If you're finding yourself spooked out by all this spiritual stuff I'm talking about, just be advised today's episode is going to feel like an entire episode of nothing but spiritual foundations.

If you just want marketing stuff, you might want to skip this episode, maybe, might be a good idea, or maybe not. Maybe if you're curious about just how crazy Ray is and how far down the rabbit hole he's gone, then stick around and you'll find out, my friend. I've got friends who are going to be shocked with this episode on both sides of faith. I've got friends who are evangelicals or charismatics who are going to be shocked with some of the things that I share. I've got friends who are agnostic or atheist who are going to be shocked with some of the things I share. It's going to be confounding to both sides.

What can I say, fellows? That's just who I am. What is all this got to do with depression? When we get overwhelmed and when in our mind our problems become insurmountable, I believe we fall into a state we call depression. For me, what depression means is you have no ability to construct a hopeful future in your mind. You cannot see your way to a hopeful future.

For me, as a person with Parkinson's disease, I have lots of good logical reasons to start thinking that way. I don't accept that as my fate. I don't. However, when I get tired and weary and illness invades my body on top of the disease called Parkinson's, it can reactivate some old thought patterns, some old thought patterns that are overdramatic and over gloom and doomish and lead me into a spiral into that place called depression.

I'm going to talk to you about my plan for getting out of that and how well it fared for me over these last days. Let me just say that if you have feelings of depression and hopelessness, and especially if you think you may have clinical depression, which goes beyond just feeling sad because you have things in your life that would make people sad, being diagnosed with a degenerative neurological disorder is a reason to feel sad sometimes. Losing a loved one who dies is a reason to feel sad. Having a relationship come to an end is a reason to feel sad. Losing a job, losing a large amount of money, these are all reasons to feel sad. Losing a pet.



If you feel sad in those circumstances, don't immediately pronounce yourself depressed. Just realize that you may be feeling some depressive feelings because you have a reason to. The trick is don't wallow and stay there. The trick is not to never have unpleasant emotions. Unpleasant emotions are part of life. They're never going to go away. They come up, they're signals to let us know something needs to change. They're not actually bad. They're good, they're useful. In fact, think about this. If we didn't have negative feelings, how would we know what positive feelings were?

These so-called negative emotions or feelings are part of life and should not be something you strive to get rid of, but they also should not be something you wallow in so that you can be a victim and you can make somebody else into the bad guy. This all gets pretty murky and pretty crazy pretty fast. Let me give this a shot. Before I do, let me tell you this, if you are sad for no reason, if you are sad when you should be happy, when things are going well in life, you don't have any reason to feel sad, when even happy things make you feel sad, that's maybe a sign you might want to see a professional.

If you even suspect you have depression or anxiety and you think you might need help, go get help. Don't do this alone. Talk to somebody and get help, professional help. I'm not giving medical advice, I'm not giving psychological or psychiatric advice of any kind in this podcast, I'm giving you my experiences and my opinions. That is all I'm giving you. If you need help, go get help from a professional.

In fact, I think that if you experience depression and anxiety which are, in my view, two sides of the same coin, one of the first things that's going to happen when you see a professional like a psychiatrist is they're probably going to suggest, if they diagnose you as having depression and anxiety, they're probably going to suggest that you take an antidepressant.

People are so reactive to this. They don't want to do it. It's like the popular thing to do to say, "I'm not going to take those drugs." My opinion, don't be stupid. Take the dang pills and see if they work. If they do, you know the problem is biochemical in nature and can be solved with medicine. Praise God for medicine. Now, along with that medicine, probably is going to go some counseling, some cognitive-behavioral work, something like that. They'll help you deal maybe without medication in the future, maybe not.

A sheer litmus test to see if you really have clinical depression that is biochemically-based is to take the pills, see if it works. If it works, you have the answer. Now, let's say that you either don't get that response from taking the medicine or your doctor tells you, you don't have clinical depression. You are experiencing depressive feelings as a result of depressive thinking, then some of the things I share in today's podcast might be helpful to you.

This is an update to a previous podcast I've done before. If it sounds familiar, you're right, it does. Having just been through the smoke of this battle, I can maybe share



some fresh perspective for you. I have written a document to myself that I keep in Evernote that is my plan for depression when I'm feeling depressive feelings. It starts with a verse from Proverbs 25:28 which says, "Whoever has no rule over his own spirit is like a city broken down without walls." What this meant in biblical times was if your city was broken down and had no walls, the enemy could come in and plunder and take whatever he wanted, take your treasures, take your loved ones, take your very life because your city had no defense, had no walls.

This scripture says to me that if you don't have rule over or control over your own spirit, your own emotions, and mind, and will, then you're like that defenseless city, and the enemy can come in, and plunder, and take what he will. We know from John 10:10 that he only comes to steal, kill, and destroy. That's his goal. You don't want him getting into your city.

In this document, I wrote the following, "Hello, depressed Ray. This is the true Ray, writing to you to remind you what you're feeling is a lie and you must not accept it. Some things to do right now. Immediately tell Lynn and Shawn, you're having a false identity attack, and have them pray for you." This is vitally important to bring other people into the place where you are, to let them know what you're feeling. Second point a half is to take communion. I've spoken elsewhere about the real mystery of communion which I believe is more than just a ceremony that we do, a ritual that we do to remind us of something from the past.

I believe there's something else that happens during communion that allows us to interact with Christ in a way that we can interact in no other way. I believe it has healing properties. It is the meal that heals. Exercise hard, strenuous exercise. These are my emergency steps. Listen to worship music loud. Speak God's truth about you out loud with feeling. I have a set of declarations that I use that I repeat out loud with emotion, with feeling, with emphasis as if I mean it. Then activate my prayer network. How did I do this past week? I did pretty dang well. I did not descend into depression in this past week. I would say I had a skirmish with depression.

I began to feel overwhelmed and I knew at that time that I needed rest and I needed to let people know what was happening, so I did let my family know that I was ill under the weather. Feeling a bit stressed, sleeping a lot. I did exercise hard the first day, but then I got so sick I couldn't exercise. Listen to worship music, yes, I did that. Spoke God's truth out loud with as much of a voice as I had, I did that. Activate my peer network, I did let a few people know and ease their prayers. I could have done better than that.

I think that what kept me out of the depths of depression this past week is the fact that I have done a pretty good job of keeping the gates, the walls of my city up. How I've done this is the following nine steps. These are my nine steps to anti-depression protection. Number one, prayer daily in the form of a conversation with God. Not necessarily in the form of rote, memorized prayers which I think there's nothing



wrong with. I think those are good. They have a place, but this is just constant conversation with God.

Number two, practicing the awareness of God's presence. Sometimes, especially at church services in charismatic churches, we'll find ourselves praying for God's presence to come. "Come Holy Spirit," we say. I usually think to myself, "Well, he's already here." We don't need his presence, he needs ours. That's not to say we don't need the presence of God, don't twist my words. What I'm saying is we don't have to beg him to show up. He's always with us. Our challenge is to become aware of God's presence, and that is a much bigger, more fundamentally mysterious, more completely indescribable thing and people will lead you to believe in my experience. When I'm sensing God's presence, all my problems seem to shrink to nothing. That's a reason to practice this every day.

Number three, journaling daily. I use Day One, an app on my Mac, it keeps updated on my iPhone and on my iPad as well. I use a template of questions that I answer each day and I store the template as a text expander snippet so I can just hit the key combo for journal entry and the questions pop at the end of my journal and I answer them. It doesn't take me very long most days, but it keeps me on top of what God is saying, what God is doing in my life, and it provides a record for me to look back on in the future.

Number four, spending time and God's word. At the very least, I read five Psalms in one chapter of Proverbs each day in addition to my normal Bible reading and study. I've got something to say about this list when I finish it. I want to get you to hang on. If it's starting to feel like a big burden to you, please don't let it feel that way, this is not a list of duties for you to complete in order to have a happy day. I'll come back to that momentarily. Reading five Psalms a day and a chapter proverbs every day, gets me to the Psalms and Proverbs once a month, 12 times a year.

Number five, vigorous exercise six days per week while listening to powerful, positive, upbeat worship music, music that gives me hope, not music that says, "I have now written an ode to my problems, this is a tribute to all the tragic things in my life." That's not what we're looking for, I'm looking for a future with hope, remember. I'm pouring in scripture, reading material, and music that fuels hope, not music that fuels fear. Number six, my daily decorations. I'm speaking out loud the promises of God over my life, the truths that I know to be true from God's word and from wisdom that he's given me.

Number seven, ketogenic diet or a diet to regulate blood sugar and neurochemistry. Now, ketogenic diet for me seems to be the ideal way of eating right now because of the fact that I have a neurodegenerative disorder, please don't e-mail me a debate about this, I'm not going to engage in a debate about what the best diet is. Every person is different, every person's needs are different. I respect the fact that something may work for you or may not work for you, and I'm just sharing what works for me at this stage in my life.



Without going into all the details of why, I just will leave it at this. All the evidence that I can find seems to point to the fact that this diet helps regulate blood sugar and neurochemistry in a way that is most beneficial to me with the specific disorder that I suffer from.

Number eight, supplementation, especially vitamins D and B complex, which are vital in my view, in my opinion, to maintaining a good healthy outlook on life. Number nine, tracking my mood daily so I can have a real perspective on how I'm doing. It's easy for me to go through 30 days I've found and say, "I'm mostly happy," and if I check with other people in my life for them to say, "I don't think that's really true". Tracking everyday what my overall general mood is is very helpful and is more accurate than just thinking back over the last month and asking "How did I do over the last 30 days?" Having a record, it gives me a more accurate view. For the most part, I'm currently overall a pretty happy dude. I believe that is my nature, that is my default.

Those are my nine steps. What I would like to say to you if this feels burdensome to you or if it feels like, "Oh, man, would give me a list of stuff I have to do or else I'll be depressed and then it'll be my fault." That's not what I'm trying to do at all. I'm just sharing with you some things that helped me. I don't do this out of a sense of duty, or if I don't do these things the right way every day, then I'm going to suffer for it. I do these things because they give me optimal health and optimal mood. That's what I'm after.

I'm not 100%, and I don't beat myself up over it. Don't feel as though I'm giving you just another list of stuff to do. That's usually not helpful for somebody who's feeling down or overwhelmed. If you have more than three days in a row where you're stuck in a depressive state, or three days out of a week like this, I feel it's time to bring in more help: a pastor, a doctor, a psychiatrist. There are other alternative approaches you can try like the Sozo ministry, if you have heard of that. If you haven't, you might want to Google it.

There's RTF, the Restoring the Foundations ministry, which I believe is also a good prayer ministry for helping folks with depression. There's something I've discovered recently called The Emotion Code, which is unusual. Frankly, I read the book, and I can't find any scientific evidence to back it up, but having experienced The Emotion Code process, I can tell you that it was helpful. For me, that's been my experience.

If you would like to know more about The Emotion Code, this is something that you don't have to go to somebody's office for, you can see a qualified person who can do it over Zoom or Skype, and if you would like, if you're interested in that, you can contact us at support@rayedwards.com and ask about Emotion Code, and I'll connect you with the practitioner who helped me. I get no benefit from this, I get no commissions or free treatments or anything like that. In fact, she doesn't even know I'm doing this. I just think she's good at this, and I don't know why it works. I can't explain why it works. I can't prove to you that it works. I can just tell that it was



helpful to me and maybe it'll be helpful to you as well. Let me know if you like that information.

That is my nine step recipe for helping prevent or shore up the walls of your spiritual city, if you will, so that you're not as vulnerable to depression, or overwhelm, or being super stressed, too anxious, which I think it really all variations on the same theme. Maybe some of those practices will work for you, maybe they'll help you, maybe they won't, but I'm offering what I have in the hopes that you will find it helpful.

I have written a creed. I hesitate to use that word. Prefer to just call it a song. The Song of the Unbeatable Person. I originally titled this Creed of the Unbeatable Man. Recent developments in society make me hesitate to use that specific gender, specific pronoun, so I'm going to just call this *The Song of the Unbeatable Human*. How's that? For those of you who are Christians who worry about some of the things I'm about to say, I can back every sentence in this song up with a scripture. That's where I got these ideas.

Here is *The Song of the Unbeatable Human* that I read aloud to myself. When I found myself sleeping in this dark places. When the world would beat me down. When the adversary comes against me. When the darkness seems overwhelming. When the mental of mediocrity settles on my shoulders and seeks to weigh me down. When the gray and rainy skies won't relent. When the arrows pierced my armor, the bloodsheds seems like a tide and the odds seem overwhelmingly stacked against me. In this times, I will remember there is one who is unbeatable. His name is Jesus, and I'm a co-heir to His legacy. Before the world was, He existed, and, in fact, made the world for His purposes. I know that in this world I will have trouble. But I take courage because He has overcome this world.

He is never surprised, discouraged, alarmed or afraid. He sits at the right hand of His Father, God Almighty, and as Jesus is in heaven, so am I in this world. In Him, I am free. His spirit, the same spirit that raised Him from the dead, that healed the sick, cleansed the lepers, caused the demons to flee and set right everything that is ever gone wrong or ever will, that same spirit lives in me. The spirit of God leads me to all truths, sets me free and reminds me that through Jesus I am 100% righteous and worthy to receive God's love. I am a saint and not a sinner. I am the light of the world. The city on a hill. The salt of the earth.

Redeemed. Restored. Renewed. Raised to life. Victorious. Powerful. Rich. Healed. Saved. Delivered. Growing in wisdom in favor of men and with God. An heir to the promises of Abraham and his descendants. A son and a friend of God.

Through the finish work of the cross, I am protected, favored, loved and approved, weighed and found worthy. I am beyond the reach of sickness, death, judgment, and condemnation. I may have trouble but trouble never has me. I am unpublishable, unashamed, and unafraid. I am unbeatable and so are you.



I hope you enjoyed today's episode. I hope it is helpful to you. If you like the show, especially if you like this one, I'd be honored if you'd subscribe in Apple podcast or your favorite podcast directory. Leave us an honest rating and review and share with friends if you feel it's appropriate. Our quote worth note for this week is the quote I started this episode with, "Whoever has no rule over his own spirit is like a city broken down without walls," Proverbs 25:28.

For show notes and links go to rayedwards.com/354. Until next time, may the Lord bless you and keep you. May make his face shine upon you and may you enjoy long life and prosperity. Peace to you and peace to your house.

[00:28:10] [END OF AUDIO]