

Recent statistics show that depression is one of the most common mental illnesses around today, especially with the young generation. What is surprising about this tragic reality is that Christians are no exception! How can this be?

Experts tell us the information we feed into our mind influences our thinking patterns, and consequently the decisions we make, the work we produce, and the interactions we have. This is in total agreement with what the Bible says! However, these facts are not always obvious to some Christians and so little attention is given to maintaining a healthy spiritual diet!

The late Bible teacher and writer Derek Prince observed in his years of ministry that listening to music and reading books containing New Age occult teaching can be powerful channels through which demons can gain a foothold in a person's life and mind!

Derek confessed that even while in the ministry he himself suffered from "persistent, crippling bouts of depression" until God showed him the cause and the steps to take for deliverance. He wrote:

I made a decision that I believe had an important bearing on the future course of my life and ministry; I determined not to keep in my possession anything that in any way dishonoured Jesus Christ or that opened the door to demonic influence ... I have real concern for the many Christians slow to recognize God's intense hatred of every form of the occult.