SATAN’S LAST DAY MENTAL ATTACKS

OVERCOMING THE SPIRITS OF DEPRESSION & OPPRESSION

***Written By: Tommy Romans April 2022***

This Newsletter is a little different than what I normally write, but God has laid it on my heart to minister to people who are hurting inside & battling in their mind! Would you agree with me that we live in a sick hurting world? Many people are so troubled and stressed that they can’t hardly cope with life. I’m not just talking about sinners but many of God’s own people are struggling with worries, fears, depression and oppression! Our sin sick society is empty and void of God and they have no peace inside. Bread of Life tells of a 15 year old young girl who came in the room of her psychologist and sat down in the chair for help. The doctor said she noticed the girl wore long sleeves that covered most of her hands. As the doctor began talking with her, the girl raised up one of her sleeves and she had carved the word “Empty” with a razor blade deep in the flesh of one of her arms. O God how sad!!!

 An artist painted a picture that portrayed our lost & troubled generation and it showed one hand sticking up out of the water of a black murky pond! All was gone, all that was left that could be seen was one hand reaching up grasping for hope and help!

Back in the alley of one of our cities, Graffiti was found spray painted on a wall by a group of teenagers that read: “We are just wandering stars in a dark night. We are drunkards, comets wandering alone looking at the stars and waiting for a future that does not come!” My heart breaks as I write this! There is surely a spirit of Hopelessness that has spread across this world and is hovering over our generation and a cry can be heard from deep within the soul – “Is there Hope? Is there anything better?” You might think the emptiness and hopelessness is only in the slums of the poor but this spirit is among the rich and famous.

 According to “The American Foundation for Suicide Prevention” there were 48,344 reported suicides in America in 2018. There are nearly 800,000 people who take their life every year in our troubled world, that’s one person every 40 seconds. Right here in the U.S. where we live, a person gives up on life every 13 minutes. Suicide claims more lives than war, more than car accidents. There are 25 million Americans who are suffering Depression each year and have to have a doctor to medicate them.

 I want to ask you dear reader: Out of over 8 billion souls now living in our world today, how many of them struggle from day to day and feel like their life is not worth living? They turn to the bottle and pills.

THE PSALMIST DAVID SHARES

HIS EXPERIENCE AND STRUGGLE

 Don’t ever think or feel like you are the only one who has or is battling and suffering mental fatigue from life’s problems – you are not alone! Many good saints down through the ages have suffered trials and hardships. When they felt the world caving in all around them, they learned to go to God in full trust and prayer and He delivered their souls from despair! He is a Comforter, Sustainer and Keeper! They found that the Lord was a Refuge for the Oppressed. He’s a refuge in times of trouble and a stronghold in the day of battle. He giveth His beloved rest for their soul! The presence of God brings a Peace that passes all understanding.

Let’s ask David to share his heart: What can you tell us King David – have you ever been Oppressed by the enemy? Did you ever feel like you were so pressed and under the gun that you’d like to run and get away from it all? Did you ever want to withdraw from everyone, go somewhere to hide to escape your troubles, worries and fears? He would answer: **Ps. 55:1** Give ear to my prayer, O God; **2** - Attend unto me, and hear me: I mourn in my complaint, and make a noise; **3** - Because of the **Voice** of the enemy, because of the Oppression of the wicked: for they hate me. **4** - My heart is sore pained within me: and the terrors of death are fallen upon me. **5** - Fearfulness and trembling are come upon me, and horror hath overwhelmed me. **6** - And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. **7** - Lo, then would I wander far off, and remain in the wilderness. Selah.

This dear anointed, God called servant of God was Leader, King, Musician and Song writer who Loved and served the Lord! He can tell you – “I know what it’s like to be Oppressed in my mind by the enemy and want to run far away to get relief!” In the very next chapter David cries for help again: **Ps. 56:1** – Be merciful unto me O God: for man would swallow me up; he fighting daily Oppresseth me. **2** – Mine enemies daily would **Swallow** me up: for they be many that fight against me. **3** – What time I am afraid, I will trust in thee! **4** – In God will I praise His Word, In God I have put my Trust; I will not fear!

 In this story, David had natural enemies – flesh and blood was out to do him in and take him down and out. But today, our battles are spiritual! What the Psalmist David faced over 3,000 years ago in the physical realm, we now face on a much higher level. Our **warfare is spiritual** that affects the mind! We have to Stay in the Word of God, read and meditate in it and Pray until we get in the Spirit and learn how to pull down the Strongholds of the enemy! If the Devil can get your mind, he can bind you in your soul where your feelings are and take control. Look at the Hebrew word for Swallow. It means to Devour, to Gulp down, to Pant after to snuff out. Why do you think God put the Psalms in our Bible? Why did He record for us all the things that the Saints of God went through and suffered? Why are their battles recorded? The Holy Ghost saw fit to record through our Bible all the victories and defeats for us to learn by them, that we’ll know how to trust God and get victory over sin and Satan!

 Dear reader, I want you to know that your enemy the Devil wants to Snuff you out mentally and spiritually. His aim is to tear you up and tear you apart with mind battles, to make you feel that your life is not worth living and cause you to quit fighting, sit back and give up! He’d like for you to pull back in a shell like a turtle and hide.

THE SPIRIT OF OPPRESSION

David was saying – I have surely fought a lot of battles in my life! Many times the enemy has Oppressed me! Let’s look closely at the word **Oppression**. To you who are reading this, you are not the only one who has ever fought Oppression! The spirit of Oppression is from the devil and his spirits of darkness and it is Very Real and strong. A heart that is void of Faith and Trust in God will open the door to this spirit, but a good Prayer life and a continual reading of the Word of God will drive it out!

 How does the spirit of Oppression come? What triggers it? Who is it that fights this? How do we recognize it when it comes? What can be done to safeguard ourselves from this tormenting evil? Can we be free from it? Satan already has the Sinner, but he wants to cripple the Church and make her powerless! **Oppression** means to be pressed down and crushed under pressure. When the spirit of Oppression comes, it fills you with anxiety, worry and fears. This is your enemies aim! You feel like your head is in a vise. You become tense – your heart rate goes up and it raises your blood pressure. You live your life on the edge from all the STRESS. This spirit will Drive you that you cannot rest. It will take away your peace and rob you of your sleep. You feel like you are being pulled apart inside and going to pieces. Your nerves are shot. You get easily vexed and irritated and become sharp with others. It seems the slightest thing sends you over the edge that you cannot cope. You can’t handle pressure like you once did. You think – “O God, why am I feeling this way? Lord, I don’t want to be like this, I can’t get a grip on it – I need Help - I can’t handle these thoughts and feelings inside me – Jesus, I have no peace or rest, please help me!”

 This is where David found himself because of the Voice of his enemies. Every child of God that serves the Lord will face these times that you cannot put your finger on it and you cannot explain it but you will face the spirits of Oppression and Depression and you will have to deal with them. You don’t ask for them, but they will come and show up at your door. They show up in your times of trouble, sorrow and suffering. They will visit you when you’re going through trials. They come in the times of affliction when problems arise. Surely their voices can be heard.

THE SPIRIT OF DEPRESSION

 The spirit of Depression too is from the enemy! When it comes, it is different than Oppression and many people, even good people find themselves here – both saint and sinner! How does this spirit operate? How can we recognize it and know when it is working on us? When you’re in a state of Depression, you feel that your very life is drained out of you. You’re low in spirit. The enemy has worked on you through suffering, pains and losses and you’re sad. Trials can take the air out of you. Problems bring Discouragement and you become despondent. Discouragement then becomes a door in which Depression enters! It seems you can’t get over a sense of gloom and despair that hangs over you. You feel lonely and feel it’s hopeless to push forward. You have no get up and go. You pull back and you want to isolate yourself. You don’t want to be around others. You’re afraid they’ll see through you. You have a sense of feeling unworthy and empty. You feel that others are better than you, you’re not important and you have nothing good to offer. (How can I, the author of this Newsletter, write this? Because I have been there and suffered these things a few times in my 48 years of serving the Lord! I’m here to tell you that God really loves you, He cares and He will help you! It’s no time to run and hide or give up!)

In a state of Depression, you lay around, nothing excites you – the joy is gone, your heart rate slows – you lose interest in things. The spirit of Depression will drive you to bed and to the couch and back to bed. All you can see is the negative and the bad. You feel yourself sinking inside – I’ll just pull the curtains and stay home. This is the spirit of Depression that has caused many to cave in to their circumstances and they give up the fight. The psalmist David said in another place in his writings **Ps. 102** – I am like a Pelican in the wilderness way away from the water; I’m like an Owl in the desert far away from the forest of green (*sand is all I see*). I am as a Sparrow alone upon the housetop! (But God sees and cares for the little Sparrow!!)

Have you ever felt this way dear reader? This spirit is prevalent in our generation right now among both the young and old. Jesus warned in **Luke 21:25-26** There will be distress of nations with perplexity right before He returns for His Church! Men’s hearts will fail them – not just the physical hearts but the spiritual heart inside will fail. **Perplexity** comes from a Greek word that paints a picture of a person sitting alone with their head down, wringing their hands in worry and fear, not knowing which way to turn or what to do and searching for an answer! Your enemy the Devil and the Powers of Darkness want to wear out the saints of God. Your enemy wants you to focus on all the bad and wrong. He would like to either drive you to the breaking point or sink you into the pit of despair.

MY OWN PERSONAL EXPERIENCE

 In 1992 I (this writer) was 38 years old. I had been saved for 18 years and I had the Holy Ghost! Something happened to me that to this day I can’t tell you what happened or why. I do not know what triggered it unless it was meant for me to experience what other people are going through and suffering so that I could have compassion and know how to minister to them. You’ll never know how others feel unless you walk for a while in their shoes.

 I went into a state of deep Depression that lasted for several weeks. God brought it all back to me and I relived it all over again in detail and the Holy Ghost wanted me to write it for this Newsletter to enlighten and help others. I cannot put into words what or how I felt. There was literally a sense of Gloom that came over me like a dark foreboding cloud. It hovered over me day and night! It literally filled me and I could not shake it. The best way that I can describe it – I went into a state of the lowest Depression. This was so terribly embarrassing to me! I was a minister of the Gospel, Preacher and Sunday School teacher going through it and feeling this way. (Why?) I tried to hide it from everybody. I would try to smile and go on but inside I was hurting and nobody knew the pain and sense of unworthiness I was suffering. I felt myself sinking, like I was in a barrel of loneliness and couldn’t get out!

I hid this Depression from my wife for a while, I didn’t want her to know. I honestly felt like I was dead inside. I carried that feeling to work with me, I carried it back home. That spirit rode with me in my car everywhere I went. On the highway I felt all alone – I could not feel God. This spirit of Gloom and Depression quenched all the joy and life out of me. I could not feel the Lord’s presence! It seemed He was a million miles away. I got to where I could not hardly sleep. I’d lay in the bed so troubled. Mary would fix big meals, nice meals and I couldn’t hardly eat, I’d just pick at the food. I had no appetite. I am writing this Newsletter today to help somebody out there who is suffering and going through it. (Don’t give up – **God Loves you**! Put your Trust in Him, you’re coming through, you’re coming out! The Devil don’t own you, God does and He is bigger!)

I would take a bite of food and stare at the plate, no desire to finish it. Mary would ask – What’s wrong; Ahh, I’m just not hungry! This feeling of foreboding and gloom got so bad that I almost went and checked myself into the hospital – I felt like I was losing my mind! My wife called and told my parents and they made a trip from WV to Kentucky to visit me. They sat on my couch in the living room. I sat in a Rocking Chair across the room from them just rocking and rocking back and forth. My precious Mom would ask me – “What’s wrong son?” Then Dad would say to me “Son, what’s wrong?” I couldn’t look them in the eye and all I could say was “I don’t know, I just don’t know!” I didn’t have the words to describe what I was feeling and going through.

This thing was beyond me and it was choking the life out of me. I got to the point that I wished I was dead, that the Lord would come and take me out of all this. Thoughts would enter my head – I’m not any good, I’m worthless! I could even picture my own funeral. (I want to tell you dear readers – these things are very real and I feel the Holy Ghost telling me that many out there right now are suffering and going through it and they need help! It could be you or someone you know. **But** I can tell you there is Victory, Glory to God, there is VICTORY and Deliverance in the Name of Jesus Christ and the Power of His Redeeming Blood!) Others took me on their Heart and prayed, I called on God and Trusted and He brought me out. I held on and He Renewed and Restored me. My Faith was Revived! I can tell you – God still hears and He answers! He knows when we suffer, He feels when we hurt, He’s acquainted with our griefs and sorrows! **Acts 10:38** - How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and **Healing** all that were Oppressed of the devil; for God was with Him.

**2Ti 1:7** - For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Discouragement, Worry and Fear will open the door to Depression & Oppression. The Word of God, Fasting and Prayer will keep you in Peace and will keep the door closed and barred to these two tormentors!

**Ps 124:1** If it had not been the LORD who was on our side, now may Israel say; **2** If it had not been the LORD who was on our side, when men rose up against us: (*when the enemy of our souls – the devil and his evil spirits of darkness rose up against us)*

**3** Then they had swallowed us up quick, when their wrath was kindled against us:

**4** Then the waters had overwhelmed us, the stream had gone over our soul:

**5** Then the proud waters had gone over our soul.

**6** ¶ Blessed be the LORD, who hath not given us as a prey to their teeth.

**7** Our soul is escaped as a bird out of the snare of the fowlers: the **Snare is Broken**, and we are escaped.

**8** Our help is in the name of the LORD, who made heaven and earth.

 Looking back on what happened to me 30 years ago – if I had only had the wisdom and knowledge of God back then to know and understand Spiritual Warfare and if I would’ve had the knowledge of Satan and how his spirits of Depression and Oppression works, I could have stood up and took authority over it and gotten the Victory a whole lot sooner!! I am what I am today because of God’s Grace. He has taught me and He has brought me a mighty long way. I am where I am today by the Anointing of my Lord & because I learned to hold on to Faith and to fight and not give up! My God who called me and saved me so many years ago has been Faithful! He has kept me! Glory to His name, He’s been with me through it all. I have learned to Trust Him in all my situations and trials. Thank God I found out that the Devil, the enemy of our souls is a liar and Jesus is the Way and the TRUTH! If God be for us, who can be against us? Greater is He (the sweet Holy Ghost) who is in you than he who is in the world!

We are made more than Conquerors through Him that loved us and gave His life for us! Dear reader – you are an Overcomer through the Precious Redeeming, Cleansing Blood of the Lamb of God’s own Son! You are the sheep of His pasture; He knows right where you are! You are engraved in the palms of His hands. He will never leave you nor forsake you – He’s right there with you right now and will be till the very end!

In ending this Newsletter;

It’s time to shut the social media down, turn off all the bad news! Stay in the Word of God, meditate in it day and night; Fast and Pray - Stay in a state of continuous Prayer, keeping your mind and heart set on the Lord and He will keep you in perfect peace in these troublesome times. **Prov 16:3** ¶ Commit thy works unto the LORD, and **thy Thoughts** shall be established.

This is no time for **Isolation**, it’s time for **Insulation**! You must not Isolate yourself in times of trial - you’ll fall victim to the enemy when you pull back and are all alone! He’ll fill you with doubt and fears. You need the fellowship of your Brothers and Sisters in Christ and be where the Spirit of God is moving. You MUST be where the presence of God is to be INSULATED! Home owners wrap their water pipes in the winter time to keep the life-giving water flowing through the lines. When the temperature drops way down to sub-zero, the lines will stay warm and the water will flow. So it is in God’s House, the presence of God will Insulate you and the Love of God will keep you!!

Many are giving up - they are destroyed for lack of knowledge. You who are reading this may not be experiencing what I have written and I thank God for that. But there are many out there who are troubled. They don’t know about Jesus and they have no one who understands or cares.

It could be a friend or dear loved one close to you that is hurting deep inside and hiding their feelings of pain. My heart is burdened and stirred! Would you please reach out and let others know that you care and God Cares! Wrap your arms around them and tell them that you and Jesus loves them – it can be that you’ll save their precious soul from much heartache and pain!! ***May God Bless my Readers!!***