

VICTORY IN THE STORM

PREVIOUSLY TITLED
COUNTERATTACK

A GUIDE TO DEFEATING
DISCOURAGEMENT AND DEPRESSION

BY
SANDRA HASTINGS

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FOREWORD

I am sure Sandy wasn't thinking of identifying with others when she was struggling with depression, but only of survival. By the grace of God, she not only survived but developed a greater love for God and His Word.

Sharing such a painful experience and revealing one's deep emotions is not an easy thing. However, each time Sandy tried to lay the book aside, the Lord brought her face to face with someone in deep need fighting depression, and the urgency of finishing what was started was renewed. Victory In The Storm is a very practical look at discouragement and depression and is easy to relate to. Many have asked for copies of this book while it was just stacks of handwritten notes.

Her desire in sharing this book is to glorify God for what He has done for her and to be a help to others who are experiencing depression. That desire will be fulfilled for already many have been helped as Sandy has counseled with women individually and in groups when speaking at ladies meeting in churches. I'm thankful already for what the Lord will do with this little book. The help that many are praying for is going to be found for them in Victory In the Storm.

Edna Holmes
Pastor's Wife
Grapevine, Texas

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I

“YE HAVE NOT CHOSEN ME
BUT I HAVE CHOSEN YOU...”

In God’s grace He drew me to himself, when by faith, I was saved at the age of eleven. Even at this early age the Lord’s hand was guiding my life. Being raised an only child, my parents and I were very close and shared most everything together. However, they were not saved during this time and, therefore, could not understand spiritual matters. In spite of this, my desire to know the Lord and to be used of Him seemed to grow. I did not understand it, but there were moments in time that caused me to realize God had a definite plan for my life.

My parents taught me to be independent and self-reliant; these are desirable qualities. But, mixed with my strong will, they would prove to be a hindrance in my Christian life. By the end of high school, though still not sure what the Lord wanted for my life, I entered nurse’s training.

During the following two years, I was faced with death on a day to day basis in my work. I could see the reality of Job 24:22, “No man is sure of life.” “... it is even a vapor, that appeareth for a little time and then vanished away” (James 4:14). With more determination than ever I knew I wanted my life to count for the Lord. In all my sincerity I began to plan how I could serve Him. I often followed my own initiative and planning rather than the leadership of the Holy Spirit.

I had met Thomas Hastings my senior year in High School, and we dated through our early college days. We married upon my graduation from nurse’s training in 1966. Before marriage, Tom had already surrendered to preach and I was looking forward to the ministry. However, two months

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THE NEED OF OUR HEART

PSALM

- 13:1 "How long wilt thou forget me, O Lord? forever? how long wilt thou hide thy face from me?"
- 22:1,2 "My God, my God, why has thou forsaken me? Why art thou so far from helping me, and from the words of my roaring? O my God, I cry in the daytime, but thou hearest not, and in the night seasons, and am not silent."
- 22:6 "But I am worn..."
- 22:11 "Be not far from me; for trouble is near; for there is some to help."
- 22:15 "My strength is dried up..."
- 22:19 "But be not thou far from me, O Lord: O my strength, haste thee to help me."
- 25:4 "Shew me thy ways, O Lord; teach me thy paths."
- 38:6 "I am troubled; I am bowed down greatly; I go morning all the day long."
- 38:8 "I am feeble and sore broken."

12

I CRIED UNTO THE LORD

In my distress I cried unto the Lord and he heard me.” (Psalms 120:2) Not only did he hear me but he brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock and established my goings. And he hath put a new song in my mouth, even praise unto our God.” (Psalms 40:2, 3)

Today I must say, I am what I am by the grace of God. In the last few years since my major bout with depression, God’s Word has come to mean more than ever before. There was a time in my life when I read it only because that is what Christians were suppose to do. Today, I read it because it gives me what I need to cope with daily living, and it draws me closer to the Lord. Scriptures concerning Christian living are just like those for salvation. If we do not accept them personally they have no power in our lives. As we read the promises of God, we must accept his Word and believe they are made for each one of us **PERSONALLY**. Claim them, stand firm with all confidence that what God has promised He will surely do. “I have spoken it, I will also bring it to pass; I have purposed it, I will also do it.” (Isaiah 46:11)

I wish I could say the battle was over, never to be fought again. However, this is not the case. Satan will still try the same attack only from a different approach. Now, however, I recognize it much quicker and from experience, know how to gain the victory. We must never make the mistake of thinking we are beyond any certain temptation.

I cried unto the LORD

False confidence in oneself can be the beginning of a fall. Satan never takes a vacation. But God knows our every need. "It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning..." (Lamentations 2:23)

Today, I and my husband have returned to the field of Germany. Often times the situations have been difficult, but the Lord has taught us many lessons. He makes no mistakes. When He chose me before the foundation of the world, (Ephesians 1:4, 5) He knew what it would take to break my stubborn will and how He would teach me the truths of His Word. "The Lord hath chasten me sore: but he hath not given me over unto death. I shall not die, but live and declare the works of the Lord." (Psalms 118:17, 18)

Perhaps one of the most common temptations is in the area of self-worth. Thousands of people today, both saved and unsaved, are trying to find approval from others to affirm their own value. They invest millions of dollars in clothes, cosmetics, diets, jewelry and various fads, in an attempt to gain acceptance from others. This is evident in all age groups. Yet, these attempts result in short term success or complete failure.

Unconditional acceptance and love can only be found in a personal relationship with Jesus Christ. This is ours to experience through accepting Christ as our personal Savior and learning to live in the position He gives us as God's children. John 1:12, 3:16.

The following outline is designed to help you understand that position. Each one of us is unique. God made only one exactly like you. You were not a mistake or an afterthought but formed by God for a definite purpose. As you read and study the following thoughts and scriptures, let them become reality in your life and accept all that the Lord has given to you.

"According as his divine power hath given unto us

all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." 2 Peter 1:3-4