

Depression

TGI Biblical Counseling and Discipleship

**THE GOSPEL
INSTITUTE**

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Introduction

1. 1955-355,000 adults in state and county mental hospitals with a psychiatric diagnosis.
2. 1955-1985 disabled/mentally ill rose to 1,250,000.
3. 1988 – 2007 psychiatric meds prescribed to children and adolescents escalated during this period; Prozac introduced in 2007. The number of youth in America receiving government disability checks due to mental illness increased 35 times, from 16,200 in 1987 to 561,569 in 2007.

Introduction

4. Mental illness, including suicide, ranks second in the burden of disease in established market economies, such as the United States (*Mental Health: A Report from the Surgeon General*)
5. 16.6% of U.S. population is affected by depression (mentalhealth.com)
6. The number of people suffering from depression and/or anxiety increased from 416-615 million from 1990 - 2013. (W.H.O.)
7. Depression is the most common mental disorder. (A.P.A.)

Outline

1. Definitions – clinical and cultural
2. Diagnosis – clinical and cultural
3. Causes – clinical and cultural
4. Treatments – clinical and cultural
5. Biblical Perspectives – redefining, diagnosis
6. Ministering to the depressed biblically

Depression - Clinical Definitions

1. A persistent mood _____ that is characterized by intense feelings _____ of inadequacy, sadness _____, hopelessness, pessimism, irritability, apprehension and a decreased interest _____ in or ability to enjoy normal activity. This mood must last at least two weeks to be diagnosed as clinical depression.

(Diagnostic and Statistical Manual of Mental Disorders, 4th Edition, Text Revision DSM-IV-TR™)

Depression - Clinical Definitions

2. *"a mental state or chronic mental disorder"*
MediLexicon's Medical Dictionary
3. *Depression is a medical illness that involves the mind and body.* – Mayo Clinic
4. *Many people may think of depression as a symptom. However, depression is actually a type of illness.... that involves the body, mood, and thoughts.* - Med TV
5. *"whole-body" illness, involving your body, mood, and thoughts.* (psychologyinfo.com)

There is no _____ to prove or diagnosis as an illness.

Depression - Cultural Definitions

1. *“... A common and serious medical condition”*
(Abilify; Prozac)
2. *“Although no single cause of depression has been identified, it appears that interaction among genetic, biochemical, environmental, and psychosocial factors may play a role. The fact is, depression is not a personal weakness or a condition that can be willed or wished away, but it can be successfully treated. (commonly found definition or belief)*

Diagnosing Depression

Clinical Diagnosis

The DSM-IV-TR is “*a consensus of current formulations of evolving knowledge in our field.*”

DSM-IV-TR™ p. xxxvii

1. Patient reports subjective interpretations of experiences (including emotions/feelings)
2. Clinician subjectively interprets patient's reports
3. “*No laboratory findings that are diagnostic of a Major Depressive Episode have been identified.*”
DSM-IV-TR™, p. 352

4. Clinical Depression is derived thru subjective diagnosis.

Major Depressive Disorder

Clinical Diagnosis (DSM-5)

1. Depressed mood for most of the day (occurring most days in a 2-week period)
2. Markedly diminished interest or pleasure in all/almost all activities most of the day, nearly every day (subjective or observed by others)
3. Significant weight-loss or gain (without dieting)
4. Insomnia or hypersomnia, nearly every day
5. Psychomotor agitation or retardation
6. Fatigue, loss of energy nearly every day

Major Depressive Disorder Clinical (DSM-5) (cont'd)

7. Feelings of worthlessness; excessive/inappropriate guilt, nearly every day
8. Diminished ability to think and concentrate; indecisiveness, nearly every day
9. Recurring thoughts of death, suicide (with or w/out a plan)

Cultural Diagnosis

1. Feelings of sadness
2. Feelings of hopelessness
3. Feeling bad, down

Reinterpreting Depression

1. When scientific evidence of causation eliminates or replaces the diagnosis of “major depressive disorder” (DSM-IV TR p. 352).
2. Disease is determined by observable _____ of illness or damage to body-tissue (via X-rays, blood tests, CT scans, etc.), hormonal imbalance – hypothyroidism, cancer, glandular dysfunction, digestive abnormalities, brain tumor, surgery and recovery, exhaustion, fatigue, sleep-loss, diet, drug-induced

Reinterpreting Depression

3. In the absence of proof of cause, depression is clinically classified as a _____ disorder (DSM-IV-TR)
4. One's understanding of cause determines the definition and treatment.
5. We desire to grow in our interpretation of all problems, including depression with empirical evidence, compassion, clarity and confidence that God provides all we need to rightly respond in ways that glorify Him and help us serve the eternal good of others.

Presumed Causes of Depression - Clinical

1. Despite intensive research, depression research scientists still do not know the cause or causes of depression.
2. They do believe that the onset of the illness is frequently caused by a combination of genetic, psychological, and environmental factors. In other words, there is no one cause of depression. (MedTV)

Presumed Causes of Depression - Clinical

3. Research scientists also know that imbalances in brain chemicals, known as neurotransmitters, seem to be linked to depression. These chemicals include serotonin, norepinephrine, and dopamine. What is not known is whether these chemical imbalances are a result or a cause of depression. (MedTV)
4. Chemical balance has not been established.
5. Chemical imbalance can't be measured in living patients.
6. No scientific proof of chemical imbalance.

Presumed Causes of Depression - Clinical

7. “Having an objective test for disease state, disease severity, and especially to measure response to treatment, would be a big step forward.”
8. “It [having scientific proof for causes of mental illnesses] would put psychiatry on par with other medical specialties,” Dr. Alexander Niculescu, III, psychiatrist - Indiana University School of Medicine, Indianapolis; Journal Molecular Psychiatry

Presumed Causes of Depression - Cultural

No one knows for sure what causes depression.

The most important thing to keep in mind is that it is not your fault if you become depressed. Most likely, depression is caused by a combination of things, some of which have to do with the chemicals in your brain and some that have to do with what's happening in your life.

dosomething.org

Presumed Causes of Depression

Clinical and Cultural

Considered a disease or disorder due to...

1. Chemical imbalance
2. Genetics
3. Events/circumstances
4. Your definition of depression and understanding of its cause determines your methodology of treatment/responses...
 - a. Medication
 - b. Psychotherapy
 - c. Both

Clinical Treatments of Depression

Medications

1. Selective serotonin reuptake inhibitors (SSRIs) increase availability of serotonin in the brain.
2. Serotonin-norepinephrine reuptake inhibitors (SNRIs) increase availability of serotonin and norepinephrine.
3. Tricyclic antidepressants (TCAs) increase levels of serotonin and norepinephrine in the brain. (Mayoclinic.com)
4. *“Antidepressants are basically expensive Tic Tacs”* (Newsweek); 4 out of 5 on placebos have long-term success.

Clinical Treatments of Depression

Psychotherapy

1. Cognitive Behavioral: helps identify unhealthy, negative beliefs and behaviors and replace them with healthy, positive ones.
2. Dialectical behavioral: teaches behavioral skills to help individuals tolerate stress, regulate emotions and improve relationships w/others.
3. Interpersonal: focuses on evaluating the way an individual interacts with others and developing strategies for dealing with relationship and communication problems.
4. Acceptance and commitment: uses the concepts of acceptance, mindfulness and personal values identification to address long-standing internal struggles. (Mayoclinic.com)

Clinical Treatments of Depression

Psychotherapy

5. Pinpoint the life problems that contribute to their depression and help them understand which aspects of those problems they may be able to solve or improve.
6. Identify options, goals; enhance their mental and emotional well-being.
7. Identify negative or distorted thinking patterns that contribute to feelings of hopelessness that accompany depression; nurture a more positive outlook on life.
8. Explore learned thoughts and behaviors that create problems and contribute to depression; understand and improve patterns of interacting with other people that contribute to their depression.
9. Regain a sense of control and pleasure in life; helps people see choices and incorporate enjoyable, fulfilling activities. (A.P.A.)

Clinical Treatments of Depression

Other Therapies

- 1. Light Therapy** - increased exposure to natural or artificial light for those with seasonal affective disorder.
- 2. Electroconvulsive Therapy (ECT)** for severe and prolonged depression; an electrical current is passed through the patient's brain to cause a seizure. Usually given as a series of six to 10 treatments; used for those who've not responded to medications.
- 3. Transcranial magnetic stimulation (TMS)** - uses magnetic fields to alter brain activity to improve depression symptoms. (Mayoclinic.com)

Cultural Treatments of Depression

Pragmatic Experience

I've done the research, found the answers, practiced the techniques, and proven that they work. Now, you don't have to reinvent the wheel. Since I have personally used the techniques you will find in my book, I know they work. They are easy to use and require very little time. There is nothing different or special about me. Knowing they worked for me (and continue to work for me now) I am confident that I can present them to you in a way that you can understand.

(beatdepressionfast.com)

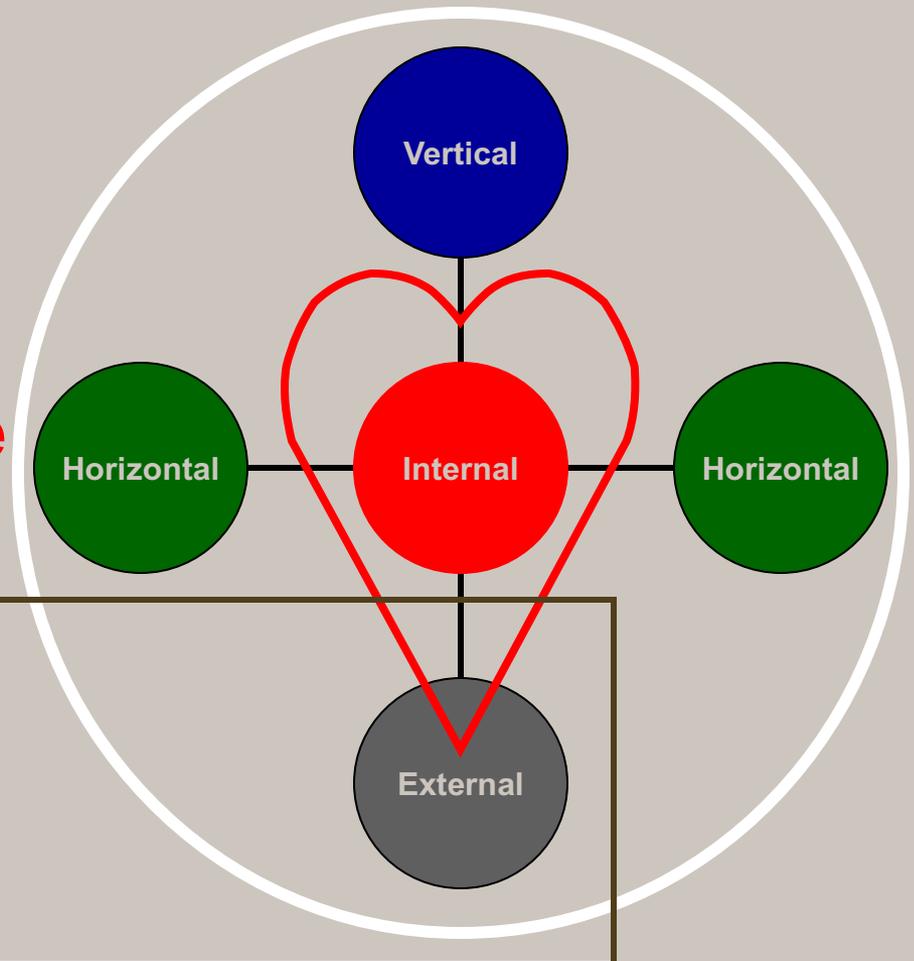
Reinterpreting Depression Biblically

Depression cannot scientifically defined as a disease, because...

1. No evidence of damage to tissue in the body.
2. Chemical imbalance in the brain isn't defined, can't be measured nor is causation identifiable.
3. Subjective experience does not prove illness.
4. Depression is often an emotional response based on evaluations (thinking) of one's circumstances and emotions.

Reinterpreting Depression Biblically

- **Spiritual**
- **Emotional**
- **Relational**
- **Intellectual; thoughts**
- **Volitional/Responsible**
- **Desires of the Heart**
- We must discern all external factors - physiology, family, cultural, life-style, etc.



Reinterpreting Depression Biblically

I believe that depression might also be understood and defined as...

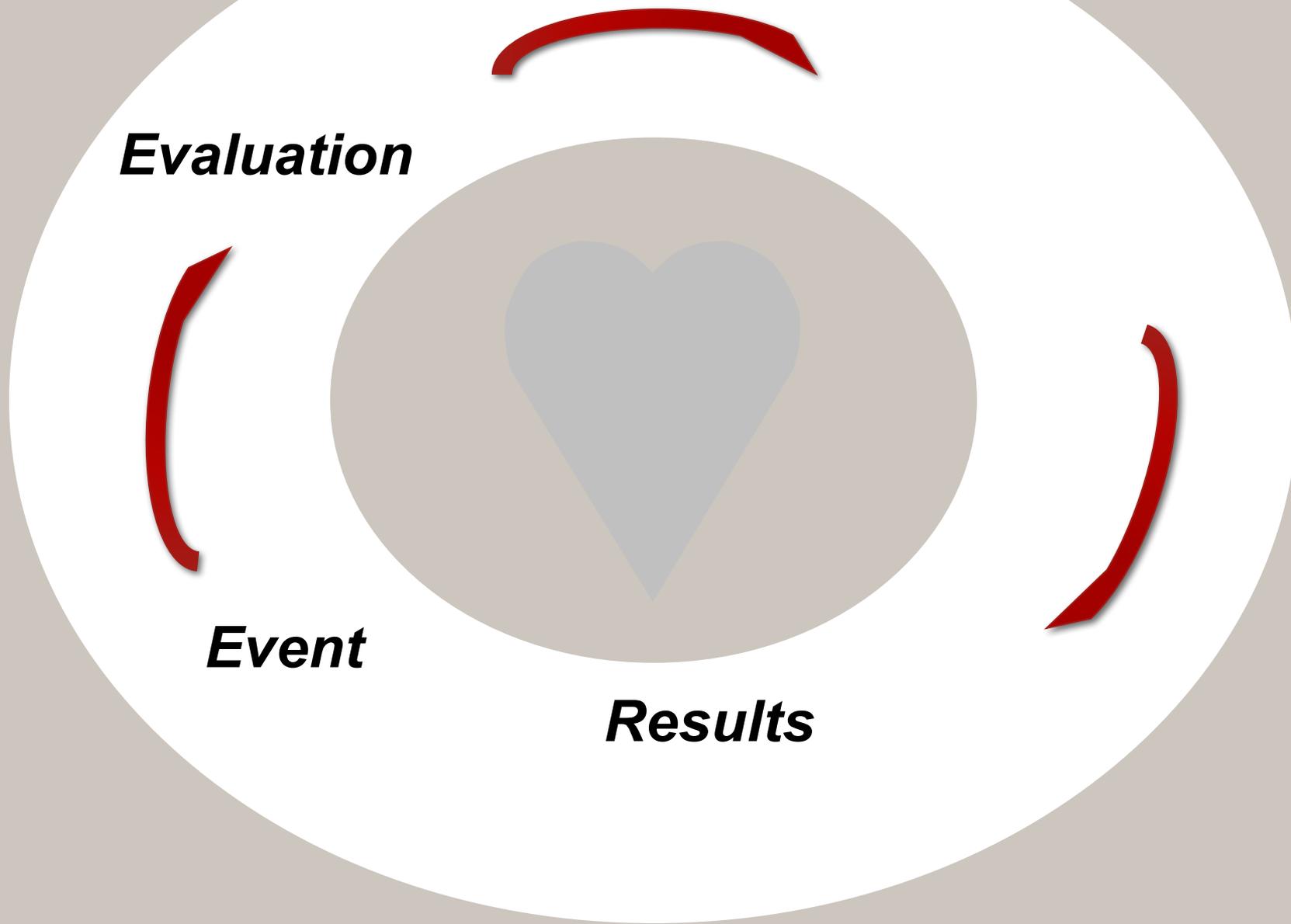
“a whole-person, emotional _____ to _____ of life’s circumstances that

-result in a debilitating mood, sense of despair, and/or attitude of hopelessness

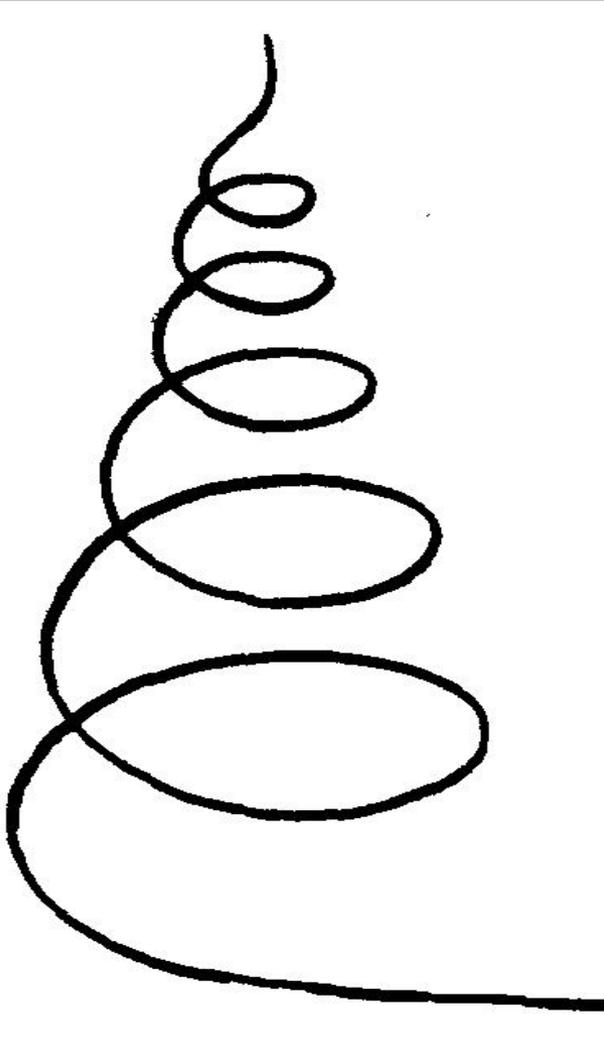
-which becomes the reason one fails to obey God in difficult life-circumstances”.

The difference between discouragement and depression is _____.

Reinterpreting Depression Biblically



Intensifying Spiral of Depression



1. Bad feelings
2. Event – something unwanted
3. Evaluation – unbiblical desires, standards, expectations
4. Emotions – more bad emotions
5. Responses – sin, shutting down
6. Results – more bad emotions
7. Complication problems
8. Hopeless thoughts lead to greater hopelessness

Reinterpreting Causes of Depression

Self-pity and Wrong Theology

1. Self-pity is an *evaluation* of the event, both the cause and fairness of the event.
2. This should have never happened to me; I deserved better
3. I know better than God regarding this event.
4. I could have done better/can do better.
5. I am better!
6. Self-pity fails to see from God's perspective, embrace God's purposes, learn and pursue sanctification. (Elijah 2 Ki.19:10)

Reinterpreting Causes of Depression

Self-pity and Wrong Theology (Cain - Gen. 4)

Event	Evaluation	Emotion	Response
God commands blood sacrifice	fruit of the ground will do	No shame?	Refuses to obey, offers produce
God rejects sacrifice	Not fair	Very angry Depressed	Fails to repent and change
Why? Do well Deal with it	My way is better	Envy Hatred	Murder
Where's Abel?	What's it to God?	Anger? Bitterness?	Am I his keeper?

Depression? Intermittent Explosive Disorder?

Event	Evaluation	Emotion	Response
What have you done?	I'm guilty	Anger	Fails to repent
Judgment; curse	Not fair; too much; can't handle this	despair; depression Self-pity	Complaining, justifying, whining
God marks Cain			Cain leaves God's presence

Reinterpreting Causes of Depression

T.E.A.C.H.

1. Wrong theology - God is harsh, lacks mercy, is angry with me
2. Wrong epistemology – thinking based on many sources of truth; Scripture is one of many.
3. Wrong anthropology - rejecting depravity, self-righteousness, self-condemnation
4. Wrong Christology – Christ is not sufficient to pay for ALL my sin, He does not represent all of the promises of God (2 Cor. 1:21).
5. Wrong view of sin and suffering –ignorance or tolerance of sin, guilt, defiled conscience.

Reinterpreting Causes of Depression Theology

God is

- Sovereign (Dan. 4:35; Rev. 19:6b; Mt. 19:26)
- Holy (Is. 6; 1 Pet.1:16; Hab. 1:12-13)
- Active (2 Chr. 16:9; Heb. 4:13; Heb.11; Mic. 6:8; Acts 17:27-28; Jer. 23:23)
- Loving and Faithful (Est.4:14b; Rom.5:6; Gal.4:4)
- Omniscient and Omnipresent
- Merciful
- Eternal in all his purposes (Is.57:15; Is.9:6;Ps.9:7)

Reinterpreting Causes of Depression Theology

Ex. 34:6-7 ESV

“The LORD, the LORD, a God merciful (Eph. 2:3) and gracious, slow to anger, and abounding in steadfast love (Deut. 7:6-7; Jer.31:3; Jn.3:3,16; Rom. 5:1-8) and faithfulness (1Cor.10:13), keeping steadfast love for thousands, forgiving iniquity (Eph. 4:32) and transgression and sin (Ps.103:12-13), ...”

Examples of Depression due to Weak Theology

1. **Jeremiah** - didn't see God as faithful in his suffering (Lam. 3).
2. **Naomi** (didn't see God's mercy in her trial, Ruth)
3. **Sarah** - didn't believe God's promises in her trial, (Gen. 16).
4. **Job** (didn't see God's plan in his trial)
5. **King Nebby** - didn't acknowledge God's sovereignty (Dan. 4).
6. **Israel** in bondage – failed to see God's faithfulness (Ex. 6:9).

Reinterpreting Causes of Depression

Epistemology

1. Truth is found in Scripture alone, not experience, what works, feelings, common sense, etc. (Mt. 4:10; Jn. 17:17).
2. Your emotions, abilities, accomplishments, or reputation do not determine who you are (2 Cor. 4:7; 1 Pet. 2:9).
3. Your sins and failures don't determine who you are, the Gospel does (Rom. 8:15; 1 Cor. 6:11-20).
4. Your thoughts are not the foundation of truth (Ps. 50:12; 2 Tim. 3:14-17; Is. 55:8-9); they must be brought under the control of the Holy Spirit (2 Tim. 1:7) and contained within biblical parameters (2 Cor. 10:3-5).
5. When your mind is focused on and controlled by Truth, your emotions tend to change, until then, trust and obey. (Gen. 4:7; Is. 26:3; Ja. 1:25; 1 Pet. 4:1; Ps. 16:11; 119:165)

Reinterpreting Causes of Depression

Anthropology

According to Eph. 1, you are a ¹Saint, ³blessed with every spiritual blessing, ⁴chosen in Christ, to be holy and blameless, adopted in love ⁵redeemed and forgiven ⁶according to the riches of his grace, ⁷united in Christ ¹⁰waiting for an inheritance, ¹²to the praise of his glory. ¹³Indwelt by the Holy Spirit ¹⁷of wisdom, you have ¹⁸enlightened eyes, fully knowing the hope of his glorious inheritance. ¹⁹You are the recipient of the immeasurable greatness of his power and are ²³filled with the fullness of Christ.

Reinterpreting Causes of Depression

Christology

- 1. *Christ, the God-Man came to earth to redeem us from the worst-case scenario -***
For in him all the fullness of deity dwells in bodily form. (Col 2:9)
- 2. “Christ came and took to Himself a human nature and remains forever undiminished Deity and true humanity united in one person forever”** *Moody Handbook of Theology*, Enns
- 3. By faith, Christ is your complete perfection because He has performed perfectly every word, action, intention, thought ...**

Reinterpreting Causes of Depression

Christology

Because of God's love for you

4. But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for _____ (Rom. 5:8)
5. He made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him. (2 Cor. 5:21)
6. Therefore, _____ eternal life “...the free gift of God is eternal life in Christ Jesus our Lord.” (Rom. 6:23)

Reinterpreting Causes of Depression

Christology

7. Christ rose from the grave and is alive today
8. He was buried, and that He was raised on the third day according to the Scriptures.
(1 Cor. 15:4)
9. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me. (Col. 1:27-29)

Reinterpreting Causes of Depression Christology

10. Christ's is present in you! (Col. 1:27)
11. Christ has power over disease, demons, death, nature, men, hunger! (Gospel of Mark)
12. Christ is compassionate. (Mt. 9:36)
13. Christ's promises are sure! (2 Cor. 1:20)
14. Christ gives peace the world does not know that passes understanding.
(Jn. 14:27; Phil. 4:6-7)

Reinterpreting Causes of Depression

Theology of Sin

1. Sin is universal, undeniable, unfamiliar.
2. Sin separates from God, brings depression, by design.
3. Sin's power has been broken; You are NO LONGER a slave to sin (Rom. 6).
4. Sin can/must be confessed (1 Jn. 1:9).
5. When you confess, God Forgives and separates you from your sin (Ps. 103:12).
6. Joy is the result of walking in the light (1 Jn. 1).

Reinterpreting Causes of Depression

Theology of Sin

³There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. ⁴For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. ⁵My wounds stink and fester because of my foolishness, ⁶I am utterly bowed down and prostrate; all the day I go about mourning. ⁷For my sides are filled with burning, and there is no soundness in my flesh. ⁸I am feeble and crushed; I groan because of the tumult of my heart. (Ps. 38:3-8)

Reinterpreting Causes of Depression

Theology of Sin

1. I must pay for my sins, (penance).
2. I can never pay back my sins, (life-long Purgatory).
3. I'm too ashamed to let anyone to know (pride).
4. Self-imposed condemnation (from breaking one's own laws), choosing to ignore/reject/minimize Christ.
5. Guilt - Cain (Gen. 4); David (Ps. 32;51); Judas (Mt. 27:3); Peter (Lu. 22:62); Saul (1 Sam. 28:20-31:6)
6. God is punishing me

Reinterpreting Causes of Depression

Theology of Suffering

1. Then Jesus told them plainly, “Lazarus has died, and for your sake I am glad that I was not there, so that you may believe. But let us go to him.” So Thomas, called the Twin, said to his fellow disciples, “Let us also go, that we may die with him.” (Jn. 11:14-16)
2. “Did I not tell you that if you believed you would see the glory of God?” So they took away the stone. And Jesus lifted up his eyes and said, “Father, I thank you that you have heard me. I knew that you always hear me, but I said this on account of the people standing around, that they may believe that you sent me.” (Jn. 11:40-42)

Reinterpreting Causes of Depression

Theology of Suffering

3. “Rabbi, who sinned, this [blind] man or his parents, that he was born blind?” Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him. (Jn. 9:1-3)
4. For the sake of Christ, then, I am content with weaknesses [thorn in the flesh], insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. (2 Cor. 12:10)

Reinterpreting Causes of Depression

Theology of Suffering

5. I cry aloud to God, aloud to God, and he will hear me. In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. When I remember God, I moan; when I meditate, my spirit faints. You hold my eyelids open; I am so troubled that I cannot speak. (Ps. 77:1-4)
6. Jesus learned obedience through suffering (Heb. 5:8)

Reinterpreting Causes of Depression

Theology of Suffering

7. All his [Jacob at Joseph's "death"] ...**refused to be comforted** ... Thus his father wept for him. (Gen. 37:35 ESV)
8. "A voice is heard in Ramah, lamentation and bitter weeping. Rachel is weeping for her children; **she refuses to be comforted** for her children, because they are no more." (Mt. 2:18; Jer. 31:15)

Reinterpreting Causes of Depression

Theology of Suffering

-
- May be self-inflicted
 - May not be.

There [Mt. Horeb] he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” (1 Ki. 19:9-11)

Suffering exposes the idols of our hearts

Reinterpreting Causes of Depression

Theology of Suffering

I have suffered a traumatic _____ of...

1. Love (divorce, separation, break-up, child moves from home, military service, etc.)
2. A loved one (death, divorce)
3. Admiration, approval, acceptance from others
4. Fulfillment (I'm empty because I've failed to achieve _____)
5. Opportunity; I've missed God's Best for me; I'm never going to achieve my dream(s)

Reinterpreting Causes of Depression

Fear and Your Theology of Suffering

1. Depression is often rooted in fear which devises a strategy of avoidance, escape.
2. Fear can turn on “white noise” to avoid the potential pains of addressing life head-on, causing despair.
3. Self-centered fear can choose avoidance and self-preservation.
4. Ultimate avoidance is suicide, “which can be associated with thwarted felt-needs” (*Making Sense of Suicide*, Jeffery S. Black)
5. Progressive sanctification calls for change as a result of the pressure and trial (Ja. 1:2-4).

Reinterpreting Causes of Depression

Fear and Your Theology of Suffering

1. Fear paralyzes, prevents obedience, service
2. Fear has two extremes – agitation, lethargy
3. Fear of exposure
4. Fear of failure; dwelling on lost opportunities; “I’ve missed God’s best”
5. Fear of losing something/someone precious
6. Fear of abandonment, rejection, disapproval
7. Fear of pain, disease, disabilities
8. Fear has physical ramifications; fatigue
9. Example - Elijah (2 Ki.19:3)

Reinterpreting Causes of Depression

Theology of Sanctification

1. Learned patterns from role-models, personal habits of responding to hardships, dealing with pain must be put off.
2. Failure to achieve cultural expectations – “beauty”, “success”, “be happy”, “you deserve”, etc., must be balanced with faith, repentance, obedience.
3. Fear of man, especially in church-culture – “they expect me to _____” must be put off.
4. Externals - politics; economic and natural disasters; wars; job-loss; death; divorce; relationships are designed to make us more like Christ.

Reinterpreting Causes of Depression

Theology of Sanctification

1. Replace “I have right to...” I am called to serve.
2. Replace “I deserve...” with “I only deserve Hell”.
3. Replace “I must have...” with I must love God and others.
4. Replace “I should have been treated differently” with “God sovereignly superintended this event, I will choose to glorify Him in my response”.
5. Replace “I’m discontent, I can’t get what I want...” with “I have learned to be content in whatever state I am”

Getting to the Heart of the Problem

Repent and put off idolatry, put on True Worship

I sin to get what I want

I sin when I don't get what I want

I sin when I get something I don't want

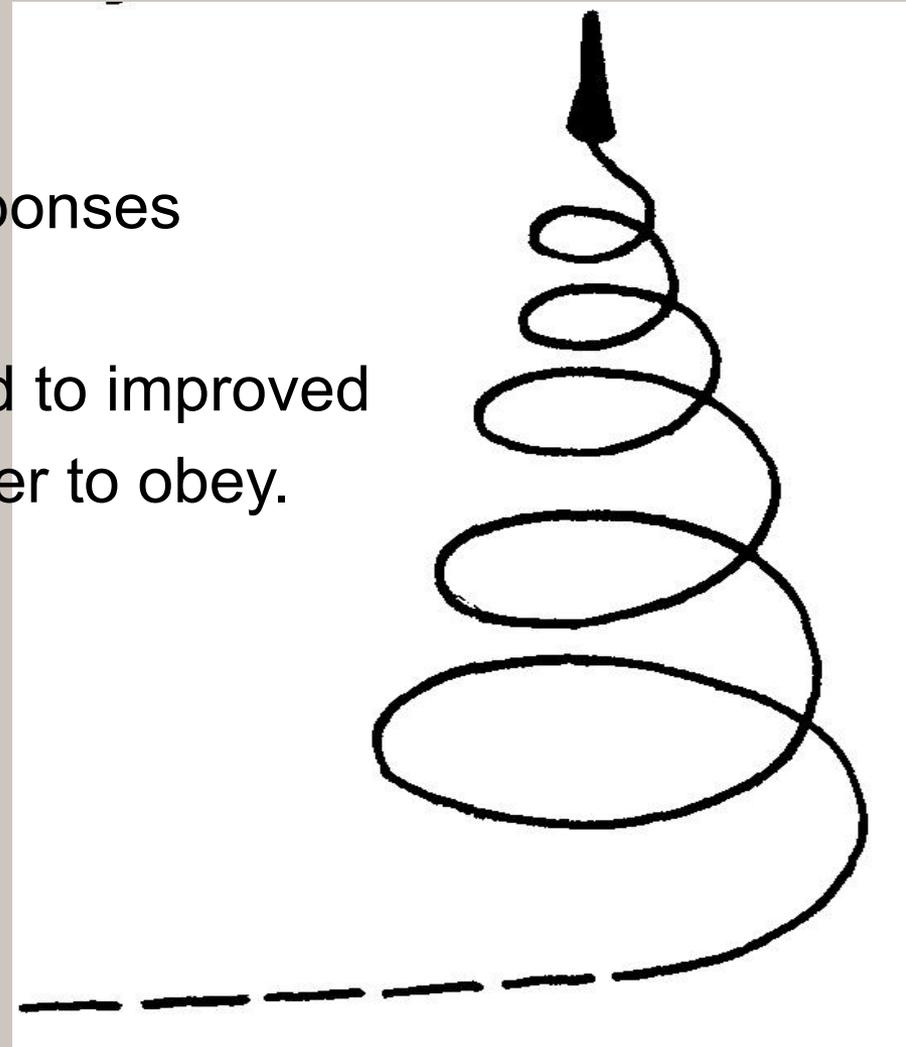
I sin when I lose what I already have

I sin when I get something I want

Breaking the Spiral

1. Repent and turn
2. Repent of complicating responses
3. Resume responsibilities.
4. Faithfulness to duty will lead to improved emotions, which make it easier to obey.

Col. 2:1-5



Responding to Depression Biblically by Faith

Faith is believing God's Word

(Heb. 11:1 and 6; Rom. 10:17)

and acting on it, (Ja. 1:22-25; Ps. 19:11)

out of a heart of worship (Matt. 4:10; Jn. 4)

for the glory of God (1 Cor. 10:31-33)

no matter how I feel, (Heb. 11)

or what I think (Rom. 9:21)

knowing that God promises a good result

(Rom. 8:28-29)

in His own time. (Is. 55:8-9)

Responding to Depression Biblically In Hope

And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail. (Is. 58:11)

On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’ ” (Jn 7:37-38)

Responding to Depression Biblically In Hope

1. Not in yourself, not in relief, not in changed circumstances.
2. Hope in Scriptures (Col. 1:22-29; Rom. 15:4)
3. Hope in a God who is able (Rom. 15:4)
4. Hope in the God of all Comfort (2 Cor. 1:3-10)
5. Hope in God's faithfulness (1 Cor. 10:13)
6. Hope because God promises to work for our good and His Glory (Rom. 8:28-29)
7. I can do all things through Christ (Phil. 4:13)
8. Christ is our HOPE (1 Tim. 1:1)

Responding to Depression Biblically In Meekness

Meekness is an inwrought grace of the soul; and the exercises of it are *first and chiefly towards God*.

It is that temper of spirit in which we accept His dealings with us as good, and therefore without *disputing or resisting*;

Vine's Expository Dictionary of Biblical Words

Ministering to the Depressed Biblically

And we urge you, brothers,
admonish the idle,
encourage the fainthearted,
help the weak,
be patient with them all. (1 Thess. 5:14)

Change must take place, BUT move slowly

Ministering to the Depressed with Compassionate C.A.R.E.

- 1. Connect** – in their suffering; don't minimize the suffering. (2 Cor. 1:3-12)
- 2. Assess** where they have felt abandoned by God (Deut. 31:8); yet do not minimize their sin.
- 3. Respond** – Point them from circumstances to the Cross (2 Cor. 4:16-18) and God's Glory.
- 4. Encourage** them to mourn rather (than despair) with hope in Christ (Matt. 5:3-4)

(from Garrett Higbee's *Soul Care Series*)

(Heb.4:15-16)

Ministering to the Depressed Biblically

Biblical Perspectives

1. ...But the Lord is faithful. He will establish you and guard you against the evil one. And we have confidence in the Lord about you, that you are doing and will do the things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ. (2 Thess. 2:15-3:5)
2. Interrupt unbiblical thought-processes, gently, but firmly.
3. Maximize the Gospel, preach Truth, spiritual songs, sermons, Bible-readings, memorization, meditation, etc.

Ministering to the Depressed Biblically

Biblical Perspectives

4. Make much of their identity in Christ
5. Help them learn to pray believing, first by example (1 Jn. 5:14-15; Jn. 16:23-24; Heb. 4:16; Mt. 6:6; 7:7)
6. Help them choose thanksgiving; list 25 reasons to thank God, (1 Thes. 5:17-18), teach them to pray through the list.
7. Challenge them to choose to change the themes of their heart; have them list 25 reasons why God is more qualified than they are to run their world; teach them to pray through their list.

Ministering to the Depressed Biblically

Biblical Perspectives

stand firm and hold to the traditions that you were taught by us, either by our spoken word or by our letter. Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word. Finally, brothers, pray for us, that the word of the Lord may speed ahead and be honored, as happened among you, and that we may be delivered from wicked and evil men. (2 Thess. 2:15-3:5)

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Biblical Perspectives

1. Encourage them to bring every thought captive (2 Cor. 10:3-5)
2. Teach them that God has promised power, love, self-control (2 Tim. 1:7)
3. Point them to eternity (Heb. 13:14)
4. Remind them that the GOD of peace is perfecting, working in them for HIS GLORY (Heb. 13:20-21)
5. Remind them that emotions will eventually change through faith and obedience (Jn. 13:17; Ja. 1:25) and that the Holy Spirit works in baby-steps (2 Cor. 3:18)

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Purpose and Structure

1. Plan to glorify God.
2. Make a schedule for each day of the week; make sure the plan and pace are attainable.
3. Go to bed, get up at the same times each day.
4. Eat at the same times each day.
5. Exercise at the same appointed times.
6. Write down one thing you agree to work on every day.
7. Follow through on commitments, *“let your yes be yes”*.
8. Provide appropriate accountability.

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Responding with Baby Steps

1. Memorize Phil. 4:13 gives hope for change
2. List things for which to thank God; praise and thank him for one item on your list each day; change focus from discouragement to God's.
3. Do 1 specific, manageable task every day, e.g. vacuum one room, pay one bill, do one load of laundry, wash the car, clean one section of garage, sharpen lawn mower blades, etc.)
4. Do 1 specific physical exercise each day, e.g. 20 minutes on treadmill.
5. Read *Christ and Your Problems*, by Jay Adams
6. Put-off one negative behavior this week, TV, sleeping in, etc.)

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Motivation through Testimonies

- I spoke Scripture to myself instead of LISTENING to myself (Phil. 4:4-9)
- I stopped saying, “It doesn’t work”; I stopped making deals with God
- I kept the bigger picture of God’s Kingdom in front of me
- My daughter’s sickness forced me to see outside of my own world
- I borrowed my friend’s faith
- I forgave my father and entrusted him to God (vertical forgiveness)

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Motivation through Testimonies

- I saw that it was 90% pride. I felt I deserved certain things from people
- I began to realize that I was in a battle and that I needed to fight
- I begin to know about God's grace. I began to see that my wallowing in guilt amounted more to works-righteousness than godly sorrow.
- Once I saw that it was a good thing to see my sin- it was evidence of God's love and the Spirit working in my life. I began to say to myself, "when in doubt, repent".

Another “Counselor”

*Did God **actually**
say?*



Did He tell
us enough?

Did He withhold
something we
need to know?

Depression is an Illness

- Nearly **two-thirds of all people with diagnosable mental disorders do not seek treatment** ... When people understand that mental disorders are not the result of moral failings or limited will power, but are legitimate illnesses that are responsive to specific treatments, much of the negative stereotyping may dissipate." *Mental Health: A Report from the Surgeon General*

Depression Diagnosis-Hopelessness

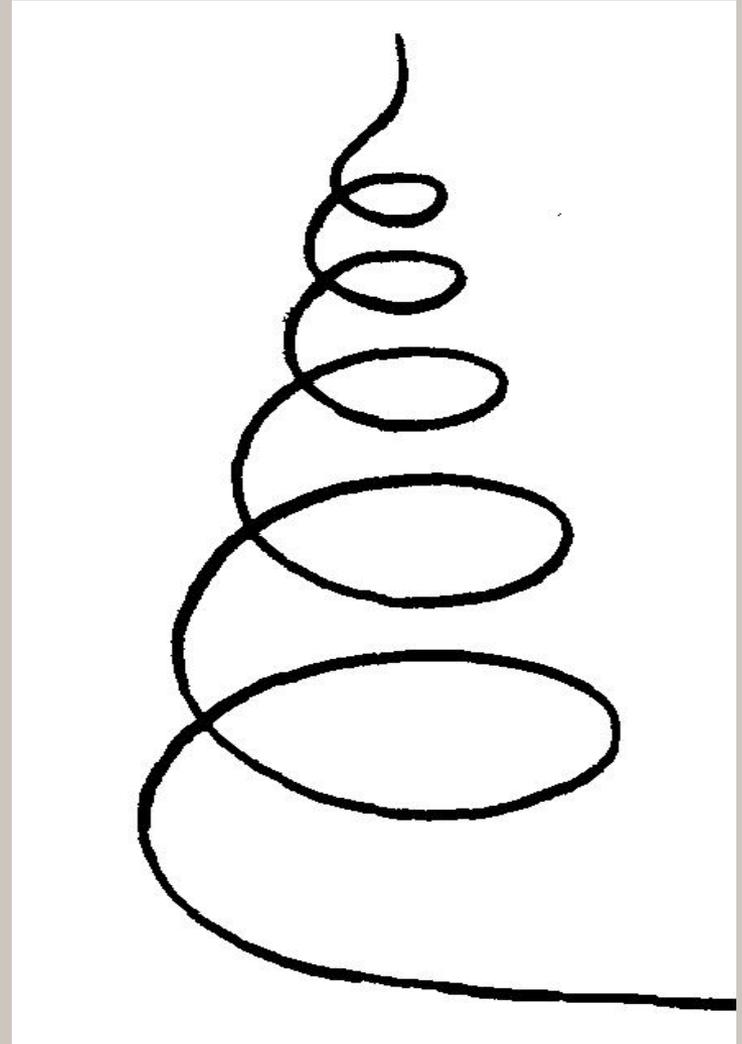
Biblical

- God isn't who He says
- Truth is what I believe
- I am the center
- Christ isn't enough
- My sin too big



How Depression Develops

- Depression cycles down
- UNDESIRABLE event
- UNBIBLICAL evaluation
- PAINFUL emotion
- SINFUL response
- ADDS COMPLICATING problems.
- Hopeless thoughts lead to greater hopelessness
- **TRUE CHANGE BEGINS WITH REPENTANCE**



Dealing with Depression Biblically

- For I want you to know how great a struggle I have for you and for those at Laodicea and for all who have not seen me face to face, **that their hearts may be encouraged**, being knit together **in love**, to reach all the riches of **full assurance of understanding** and the **knowledge** of God's mystery, which **is Christ**, in whom are hidden all the treasures of wisdom and knowledge. I say this in order that **no one may delude you with plausible arguments**. For though I am absent in body, yet I am with you in spirit, rejoicing to see your good order and the **firmness of your faith** in Christ. (Col. 2:1-5)

World
Flesh
Devil

