

I. Understanding depression.

A. Depression is more than feeling a bit down. II Co. 4:8 Pr. 18:14

B. What brings on depression?

- 1. Sin and guilt. Ps. 32 Mt. 27:3**
- 2. Hard circumstances. Ps. 73 I Kings 19 II Sam. 16:23 17:14,23 Jer. 17:5-6**
- 3. Physical causes: brain tumor, drugs, exhaustion.**
- 4. Depression often occurs when we respond badly (sinfully) to a situation (either circumstances or sin).**

C. Is depression itself a disease?

- 1. Most depression has spiritual roots.**
- 2. Spiritual depression affects one physically.**
- 3. Some people are more prone to depression than others.**
- 4. Such people should use the spiritual resources God has provided. I Co. 10:13**
- 5. Drugs address the symptoms of depression, but not the cause.**
- 6. Calling depression a disease is depressing because it offers no hope.
Recognizing the spiritual causes of depression gives hope for transformation.**

D. Depression works in cycles.

- 1. Depression cycles down.**
 - a. Depression begins with a problem followed by a sinful response to that problem which leads to a complicating problem.**
 - b. Hopeless thoughts lead to greater hopelessness.**
- 2. Depression can cycle back up again.**
 - a. Reverse cycle of depression: repent of complicating problems.**
 - b. Assume your responsibilities.**
 - c. Faithfulness to duty will make one feel better which makes it easier to be more faithful to duty.**
- 3. People who are prone to depression tend to cycle in and out of depression over time.**

E. Depression is very serious.

- 1. Some are debilitated.**
- 2. Those who despair are at risk of suicide. II Sam. 16:23 17:14,23 Jonah 4:3**
- 3. Help the family and friends of depressed people.**

II. Exposition of key texts.

- A. Psalm 32.
- B. Psalm. 73
- C. I Kings 19.

III. Data Gathering/interpretation.

- A. What is the cause of this depression?
- B. What is the history/pattern of depression?
- C. Are the counselee's physical needs being met? Sleep, food, bathing.

IV. Homework for those who are depressed.

- A. Make sure physical needs are being met: sleep, food, etc. I Kings 19:4,9-10
- B. Deal biblically with depression. Pr. 25:20
 - 1. Confess and repent of sin. Ps. 32:5
 - 2. Submit to God's sovereignty over your circumstances. Ps. 73:15f Ro. 8:28 Gen. 50:20
 - 3. "Stop listening to yourself and start talking to yourself." Phil. 4:8-9
 - 4. Start to cycle out of depression by fulfilling your duties. I Kings 19:12-17
- C. Reading:
 - 1. "What do you do when you become depressed?", by Jay Adams (pamphlet).
 - 2. Depression: The Way Up When You are Down, Edward Welch, (CCEF/Resources for Changing lives booklet).
 - 3. Suicide: Understanding and Intervening, Jeffrey S. Black, (CCEF/RFCL booklet)
 - 4. Spiritual Depression, Lloyd-Jones
 - 5. Down but not Out, by Wayne Mack
 - 6. Depression: A Stubborn Darkness, by Ed Welch
- D. Audio
 - 1. "Depression", George Scipione
 - 2. "Rejoice in God's Forgiveness: Psalm 32", Jim Newheiser
 - 3. "Why do the Wicked Prosper?: Psalm 73" , Jim Newheiser
- E. Biblical memory and study.
 - 1. Psalm. 32
 - 2. Psalm. 73
 - 3. Jeremiah 17:5-8
- F. Workbook: Homework Manual for Biblical Living Volume 1, Mack, "Depression Homework"
- G. Worksheets
 - 1. "The Spiral of depression", Darrel Gustafson
 - 2. "Possible Homework Assignments and Strategies", Ed Welch.