



Depression Student Notes

Can a Christian be Depressed?

Depression by definition is ..."A persistent mood that is characterized by intense feelings of inadequacy, sadness and hopelessness, pessimism, irritability, apprehension, and a decreased interest in or ability to enjoy normal activity."

Mood Episodes.....Major Depressive Episodes

Criteria for DSM (Diagnostic Statistical Manual of Mental Disorders)

Dysthymic or Persistent Depressive Disorder (Mild Chronic Depression)

Lesser severity of depression is known as ***Dysthymic*** or ***Persistent Depressive Disorder***. Dysthymic is usually characterized by **lasting longer but lesser in its severity**. **Dysthymic Depression or Disorder is characterized by:**

Christians Get Depressed and the Bible talks about it!

- What the DSM discusses as depression we would understand that the fundamental feature of it is Hopelessness.

Ps. 43:5 "Why are you so cast down, O my soul? And why are you in turmoil within me? That word for cast down means to be bowed down....the NASB says despair.

2 Cor 7:6 "But God, who comforts the downcast" Downcast means ...pushed to the ground.

1 Kings 19...Elijah...He went on a day's journey into the wilderness (isolated) and sat down and asked "that he might die"... " take away my life, for I am no better than my fathers."

"Bear one another's burdens " as described in **Galatians 6:2**

- **Spurgeon says “Every man is two men; we are duplicates, if not triplicates, and it is well sometimes to hold a dialogue with one’s own self. “Why art thou east down, O my soul?” I always notice that, as long as I can argue with myself about my depressions, I can get out of them; but when both the men within me go down at once, it is a downfall indeed. When there is one foot on the solid rock, the other comes up to it pretty soon.” Faith and strong emotion do co-exist in us But trusting Jesus in all of it is the key.**

Depression, Feelings, and Actions

Proverbs 23:7 says “(a person) is like one who is inwardly calculating. In the NKJ version it says “For as he thinks in his heart, so *is* he. “feelings are not only unavoidable, for most of us, the way we feel determiners of the level of action and activity that we are willing to do. We aren’t often aren’t motivated to do things we don’t feel like doing. But we should be.

Feelings

“It is a mistake to view depressed feelings or even severely depressed feelings as a disease. Depression, remember, is an emotional response to life. It is feelings of unhappiness – a particular kind of unhappiness that involves helpless self-blame and guilt, a sense of not deserving happiness, and a loss in interest in life.” Peter Breggin as quoted by Daniel Burger in Rethinking Depression

Ed Welch goes on to say, “You must think of Depression not so much as “I have it or I don’t have it but more as a continuum of severity. On one end is bothersome and on the other it’s debilitating. ”

“Feelings while real are unreliable that they are unreliable feelings are great followers but really bad leaders” Josh Daggett

Matthew 6:21 “ Where your treasure is, there your heart will be also.”

Feelings Can Dominate Us

We are living out our belief system all of the time....

What You trust

James 1:7-8 “ for that person must not suppose that he will; receive anything for the Lord; he is a double-minded man, unstable in all his ways.”

What Should I do if I'm Depressed?

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The Remedy

Ps 42:1 says, “As the deer pants for flowing streams so pants my soul for you. O, God. My soul thirsts for God, for the Living God. The word for “Pant” means desire...deep desire!

How do deal with my bad feelings?

Worry/Anxious

What am I supposed to do with the Anxious feelings that I feel?

Worry by other titles is called “concern”, “troubled”, “disturbed”, “bothered”.

Worry= The Greek word for worry is merimnao, is a combination of two words—merizo (to divide) and nous (mind). Worry actually means “a divided mind.” And in the bible the word usually is translated as “anxiety” or “anxious” or “cares” and not the kind of care where we take “care” of our responsibilities like what is discussed in **Cor. 11:28 “And, apart from other things, there is the daily pressure (stress) on me of my “care” or “anxiety” for all the churches.” Phil 4:6...where we told not to be “anxious” about anything. This is the kind of anxiety that is not caring for people but more concerned about self and troubled with cares.**

Matthew 6:19-34....Jesus commands us 3 xs to not be anxious or worried

The solution for worry is of course repentance and trust.

Fear

Fear can have physical consequences. **Physical fear is a felt reaction to a perceived danger.** Our responses in situations that cause us fear are God given. But there is the problem of a perceived problem and fear.

Key points in overcoming Fear and Worry (Anxiety)

The key to overcoming paralyzing fear of circumstances and moving away from fear and to control it is trusting in the Lord.

- How you see God and His Word determines how you respond to fears.
- How you trust God determines how you will respond to circumstances
- Who you surround yourself with helps you respond to fears biblically.

The remedy for fear is the “Fear of the Lord”. What is the Fear of the Lord...it’s a reverent submission that leads to obedience and it’s interchangeable with “worship”, to fully “worship the Lord”, to “trust” Him and to, “hope”.

The Fear the Believer has is in its view the forgiveness of God, His great love for His own, his mercy and His love extended to us in the person of His Son Jesus. Our fear then is a worship-fear that knows God has loved us first. This understanding causes us to gladly submit to Him. We are no longer motivated by terror-fear of punishment but worship-fear and in awe of God who first loved us. When this is true, we trust Him.

Psalms 7:10 “ My shield is the Most High.”

Ps. 77 “Your ways, O God, are Holy. What god is so great as our God.”

Psalm 18:2 “ The Lord is my rock, my fortress...the horn of my salvation, my stronghold.”

Elyse Fitzpatrick says “On your own, in your own strength, you’ll never be able to conquer your sinful fear. That’s because no one is truly able to change the bent of their own nature. Sure, we can make outer changes, but a change of heart is something that only the Holy Spirit can accomplish.”

Fears are.....

So, We Should

Trust is the decision to believe that God is worthy of our confidence and our faith and dependence. Choosing to trust him over our fear is essential.

Fear...Fear can be a good thing when it’s placed in the right way. Fear can promote a healthy respect for things that could be dangerous.

Fear is right when its “reverence” for God ..that we would fear doing anything that would grieve a holy God.

Spend more and more time with Him. We trust those we believe we can count on. You can count on your friend. **John 15:14 “ You are my friends if you do what I command you.”**