

---

## A BIBLICAL LOOK AT DEPRESSION: *WEEK 1*

---

### **WHO GETS DEPRESSED?**

The Young, the Old, Men, Women

Blacks, Whites, Hispanics, Orientals

The Educated, the Non-educated, Believers, NonBelievers



### **DO FAITHFUL BELIEVERS GET DEPRESSED?**

- Elijah – 1 Kings 19: 4, 9-10

**4** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers." **9** Then he came there to a cave and lodged there; and behold, the word of the LORD {came} to him, and He said to him, "What are you doing here, Elijah?" **10** He said, " I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away."

- Jeremiah – Lamentations 3:1-18

**1** I am the man who has seen affliction Because of the rod of His wrath. **2** He has driven me and made me walk In darkness and not in light. **3** Surely against me He has turned His hand Repeatedly all the day. **4** He has caused my flesh and my skin to waste away, He has broken my bones. **5** He has besieged and encompassed me with bitterness and hardship. **6** In dark places He has made me dwell, Like those who have long been dead. **7** He has walled me in so that I cannot go out; He has made my chain heavy. **8** Even when I cry out and call for help, He shuts out my prayer. **9** He has blocked my ways with hewn stone; He has made my paths crooked. **10** He is to me like a bear lying in wait, {Like} a lion in secret places. **11** He has turned aside my ways and torn me to pieces; He has made me desolate. **12** He bent His bow And set me as a target for the arrow. **13** He made the arrows of His quiver To enter into my inward parts. **14** I have become a laughingstock to all my people, Their {mocking} song all the day. **15** He has filled me with bitterness, He has made me drunk with wormwood. **16** He has

broken my teeth with gravel; He has made me cower in the dust. **17** My soul has been rejected from peace; I have forgotten happiness. **18** So I say, "My strength has perished, And {so has} my hope from the LORD."

- Job – Job 10:18-22

18 ' Why then have You brought me out of the womb? Would that I had died and no eye had seen me! 19 'I should have been as though I had not been, Carried from womb to tomb.' 20 "Would He not let my few days alone? Withdraw from me that I may have a little cheer 21 Before I go-- and I shall not return-- To the land of darkness and deep shadow, 22 The land of utter gloom as darkness {itself,} Of deep shadow without order, And which shines as the darkness."

- David – Psalm 38:6,8

6 I am bent over and greatly bowed down; I go mourning all day long. 8 I am benumbed and badly crushed; I groan because of the agitation of my heart.

- Solomon – Ecclesiastes 1:1-7

1 The words of the Preacher, the son of David, king in Jerusalem. 2 "Vanity of vanities," says the Preacher, "Vanity of vanities! All is vanity." 3 What advantage does man have in all his work Which he does under the sun? 4 A generation goes and a generation comes, But the earth remains forever. 5 Also, the sun rises and the sun sets; And hastening to its place it rises there {again.} 6 Blowing toward the south, Then turning toward the north, The wind continues swirling along; And on its circular courses the wind returns. 7 All the rivers flow into the sea, Yet the sea is not full. To the place where the rivers flow, There they flow again.

### **WHERE WE'RE HEADED IN THIS SERIES:**

Our discussion will include:

- Medical aspects of depression
- Spiritual aspects...
- Causes...
- Treatments...
- Finding help/ Available resources

## **DEPRESSION DEFINED**

Depression is a disturbance of mood that interferes with daily life and normal functioning for a length of time from weeks to years. Depression is an illness that affects the total person – physically, emotionally, and spiritually.



## **CHARACTERISTICS OF DEPRESSION**

- melancholy mood or sadness most of the time (for no apparent reason)
- feelings of guilt or worthlessness
- withdraw from people who are close to you
- lack of energy; feeling tired all the time
- become easily angered, anxious, or irritable
- significant weight loss or gain
- pessimism and indifference
- significant change in sleep patterns
- unable to concentrate
- aches and pains that have no apparent medical cause
- thoughts of death or suicide

## **BASIC TYPES OF DEPRESSION**

- Major Depressive Disorder
- Dysthymic Disorder
- Bipolar Disorder
- Postpartum Depression
- Seasonal Affective Disorder
- Adjustment Disorder with Depressed Mood

- Mood Disorder Due to General Medical Condition

### **SOME CAUSES OF DEPRESSION**

- Genetic Predisposition
- Lack of Intimacy with God
- The Stresses of Life
- Medical changes
- Seasonal changes
- Fatigue
- Sin

### **ADMITTING TO DEPRESSION**

- Jeremiah 33:3
- James 5:13-14, 16
- 1 Peter 5:7
- Psalm 86:5-7