
A BIBLICAL LOOK AT DEPRESSION: *WEEK 2*

IS DEPRESSION PHYSICAL OR SPIRITUAL?

IT'S BOTH!

Sometimes faithful believers experience depression.



“If you will just lay this at Jesus’ feet” is an expression that is uttered by well-meaning people that sometimes don’t understand the physical implications of depression. Going to God with our concerns, physical problems and fears are definitely our first priority. But Jesus can, and will, use the medical profession to help us.

Is “depression” in the Bible?

No, but neither are words like,

Cancer, heart disease, diabetes

Words, mentioned rarely in the Bible, are

Medicine (only 4 times);

Doctor (3 times)

Physician (12 times)

WHERE DO WE TURN?

- To the Lord

Exodus 15:26 “And He said, “If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer.”

Psalm 103:1-3 “Bless the LORD, O my soul, And all that is within me, {bless} His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits; 3 Who pardons all your iniquities, Who heals all your diseases.”;

Psalm 147:3 “He heals the brokenhearted. And binds up their wounds.”

WHERE DO WE TURN? (CONT'D)

- To the medical profession:

+ General Practitioner

Understand that a family doctor, or general practitioner does not necessarily have the expertise that a doctor who specializes in fields where depression is more common.

+ OB/Gyn

Sometimes following the birth of a child, a woman seeks the help of her doctor.

+ Counselor

+ Pastor

+ Psychiatrist

A psychiatrist has been professionally trained to recognize and treat depression.

WHEN WE THINK OF A "PSYCHIATRIST" WHAT DO WE USUALLY THINK OF?

Some people have negative views

- a psychiatrist spends an hour just asking us how we feel
- old movies remind us how the doctor tries to hypnotize their patients to "*never think of this again.*"
- A psychiatrist is just a "*money pit*" he takes my money but can't really help me.



WHY A PSYCHIATRIST?

A psychiatrist is educated to provide:

- Diagnosis/treatment of Mental Health disorders
- Counseling

Most psychiatrists don't much counseling. Their focus is on medications.

- Prescription medications

THE ROAD TO HEALING



- Admit your need

1 Peter 5: 6-7 “Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.”

- Seek qualified medical assistance

Luke 5: 31 “And Jesus answered and said to them, “It is not those who are well who need a physician, but those who are sick.”

- Seek the Lord’s guidance

James 4: 8,10 “Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Humble yourselves in the presence of the Lord, and He will exalt you.”

- Seek Godly counsel

Proverbs 19: 20-21 “Listen to counsel and accept discipline, That you may be wise the rest of your days. Many plans are in a man's heart, But the counsel of the LORD will stand.”