

DEPRESSION

Depression: "Emotional condition ... characterized by feelings of hopelessness, inadequacy, gloominess, dejection, sadness, difficulty in thinking and concentration, and inactivity".

Causes:

1) **Reaction to adverse situations, defeats, and set-backs** (e.g., illness, death of loved one, loss of job, financial set-back, etc.)

Solutions:

a) Encouragement from others (Rm 12:15 "mourn with those who mourn"; Gal 6:2 "bear one another's burdens")

b) Trust God fully in ALL circumstances (Rm 12:1-2; Rm 8:28-29)

c) Follow "General Solutions" below

2) **Spiritual disobedience and/or unresolved sin/guilt**

Solutions:

a) Restoration with God and others via confession and if necessary restitution (I Jn 1:9; Pv 28:13; James 5:16)

b) Follow "General Solutions"

3) **Setting unrealistic standards and goals**

Solutions:

a) Re-set realistic standards and goals

(avoid worldly standards -- Rm 12:2; learn to live with your strengths & weaknesses -- I Cor 15:10; avoid trying to "keep up with the Jones's" -- 2 Cor 10:12; focus on seeking God's kingdom and righteousness -- Mt 6:33)

b) Follow "General Solutions"

4) **Self-Pity** (e.g., Moses -- Numbers 11:11-15; Elijah I Kings 19:1-4)

Solutions:

a) Focus on God and what He has done and will do for you (Heb 12:1-3)

b) Follow "General Solutions"

5) **Boredom** (Eccl 6:3)

Solution:

a) Get in the spiritual battle -- there is no boredom on the front lines!

b) Follow "General Solutions"

6) **Direct attack from Satan** (e.g., I Sam 18:10, 2 Cor 12:7)

Solution:

a) First, draw near to God; Second, resist Satan and he will flee from you (Jm 4:7-8)

7) **Physical or Psychological origin**

Solution: see a doctor and/or a Christian psychologist

General Solutions

- a) Acknowledge the ultimate source of your depression (Jn 10:10; Jm 1:17)
- b) Claim what you have in Christ (I Jn 4:4; I Pet 5:7)
- c) Give your depression to God (Ps 55:4-8,22)
- d) Worship & praise God with great intensity (i.e., get your focus off yourself and onto God) (Ps 137:1,4; Is 61:3). Get into the habit of continually giving thanks to God (Eph 5:20; I Thes 5:18).
- e) Start serving others in ministry (you will in turn be blessed Gal 6:7)
- f) Spend consistent time in the Bible and in prayer (Col 3:16; Phil 4:6-7; I Thes 5:17)