

### **Biblical Summary - Depression**

- ❖ We must recognize our responsibility for depression.
  - From time to time everyone gets down (2 Cor. 4:8).
    - But this is not depression.
    - Depression is ceasing to function in your daily chores and interests (giving up on responsibility).
  - When we get down we do not need to be down and out (1 Cor. 10:12-13).
  - Depression is when one is both down and out.
- ❖ Depression results from handling a down period sinfully. (Genesis 4:3-8)
  - We get down (blue, discouraged, etc.) both from sinful causes (guilt) and non-sinful causes (sickness, financial reverses, etc.).
  - But when we give in to down feelings, we let responsibilities and interests slide;
    - Then we feel even less like doing them and brood instead.
    - Thus, increasing our guilt from failure to achieve.
    - This makes us feel less like doing things, and we spiral downward into depression (Jonah 4:1-11).
- ❖ We can spiral up out of depression. (2 Corinthians 1:3-5; Philippians 4:8)
  - First, by asking God's forgiveness.
  - Then, by doing duties and assuming responsibilities (No Matter How You Feel).
  - Also, by dealing with any other matters of guilt.
- ❖ We can stay out of depression by following God's commands when down, rather than following our feelings;



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- By carefully scheduling and following our schedule even when we do not feel like it;
- By avoiding pity parties and refusing to engage in brooding;
- By repenting of any sin immediately;
- By immediately straightening out any relationship to God or man that goes sour;
- And by changing all erroneous vocabulary (such as "things are hopeless" or "I can't take it any more")

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### Depression - Study Guide

1. Philippians 4:4 tells us to “rejoice in the Lord”. What does it mean? List three reasons that you have for rejoicing “in the Lord”.
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Make a list of blessings that God has bestowed upon you. Look at every area of your life:
  - a. Spiritual \_\_\_\_\_
  - b. Physical \_\_\_\_\_
  - c. Family \_\_\_\_\_
  - d. Financial \_\_\_\_\_
  - e. Social \_\_\_\_\_
  - f. Work \_\_\_\_\_
  - g. Possessions \_\_\_\_\_
  - h. Environment \_\_\_\_\_
  - i. Community \_\_\_\_\_
  - j. Housing \_\_\_\_\_
  - k. Abilities \_\_\_\_\_
  - l. Opportunities \_\_\_\_\_

*Additional Scripture Reference: Luke 18:1-8; 2 Corinthians 4:8-9*

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### Notes

4:4. Sometimes the trials and pressures of life make it almost impossible to be happy. But Paul did not tell his readers to be happy. He encouraged them to **rejoice in the Lord**. In fact, he said it twice in verse 4 (cf. 3:1; 1 Thes. 5:16). Christ is the One in whom the sphere of rejoicing was to take place. Surely there are many circumstances in which Christians cannot be happy. But they can always rejoice in the Lord and delight in Him. Paul himself was an excellent example of one who had inner joy when external circumstances—such as persecution, imprisonment, the threat of death—were against him.<sup>1</sup>

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<sup>1</sup> Walvoord, J. F., Zuck, R. B., & Dallas Theological Seminary. (1983-). *The Bible knowledge commentary : An exposition of the scriptures* (Php 4:4). Wheaton, IL: Victor Books.

This material is adopted from the Christian Counselors New Testament by J. Adams and A Homework Manual for Biblical Living by W. Mack