

# Depression

Typical Problems

## Sadness VS Depression

1. Sadness as a response to other feelings and situations.

Situations	Feelings/Emotions

2. The spiral of sadness will lead to **depression**.
3. Distinguishing features of depression:

## Dealing With Sources of Depression

### 1. The physical sources

<b>Problem</b>	<b>Solution</b>

### 2. The spiritual (mental/emotional)

<b>Problem</b>	<b>Solution</b>

## Identifying the beliefs and desires that produced sadness

### 1. Important investigative questions:

- a. What do you typically do when you are feeling especially depressed?
  
- b. What circumstances in your story changed just before depression came?
  
- c. What is the sum of this person's strivings?

- d. Where does the “Spiral” begin?
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- 2. Common false beliefs and Biblical truth
    - a. I *shouldn't* be depressed (Psalm 42).
    - b. Once I figure out what I need to fix, I won't be depressed anymore (1 Samuel 28:3-25 / Psalm 16 / Psalm 13).
    - c. This event or action determines my value (1 Corinthians 1:18-31).
    - d. I am alone (Isaiah 55:6, Psalm 42:9, Matthew 28:20).
    - e. I suffer because God is against me (Romans 8:31-39 / James 1:2-3).
    - f. I need to remove my guilt/shame through personal effort (Romans 3:21-26).
    - g. My joy is gone because the source of my joy is gone (1 Samuel 18:6-9 / Psalm 51:12).
    - h. The spiritual disciplines are a medicine that should work immediately (Psalm 27:7-15 / Isaiah 55:6).
    - i. My depression needs to be cured (2 Corinthians 1:3-7 / 2 Corinthians 12:8-10).

## Staying in the Fight

- 1. Borrowing “willpower” from good friends.
- 2. Dealing with physical components makes the spiritual battle easier.
- 3. Relearning to distinguish between depression and sadness.
- 4. Reprogramming your spirals.
- 5. Accepting depression by trusting in God's sovereignty.
- 6. Being wise about your “triggers.”
- 7. A robust diet of worship.