

Depression

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I. Introduction.

- A. Everyone suffers from damaged emotions.
- B. While conversion is an act, it takes time for God to heal our emotions. (2 Corinthians 5:17)
- C. There are not instantaneous cures in the Christian life.
- D. Text: Leviticus 26:13.

II. The symptoms of depression.

- A. Loss of affection.
- B. Sadness.
- C. Weeping.
- D. Hostility.
- E. Irritability.
- F. Anxiety.
- G. Fear.
- H. Worry.
- I. Hopelessness.
- J. Erratic sleep behavior.
- K. Apathy.
- L. Lack of energy.
- M. The blahs.
- N. Loss of appetite.
- O. Loss of sex drive.
- P. Unkempt appearance.

III. The causes of depression.

- A. Triggers.
 - 1. Disappointments. Our usual reaction is displeasure, anger and then self-pity.

2. A lack of self-esteem.
3. Unfair comparison. (2 Corinthians 10:12; Hebrews 13:5)
4. A sense of being trapped. Our response is usually hostility, indignation and then self-pity.
5. Sickness.
7. Hyper-mental activity.
8. Rejection.

B. The cause of depression is an improper response to triggers.

C. Formula for depression: adding anger or disappointment and self pity to something.

IV. The result of depression.

- A. We are miserable, ineffective and unable to cope with life.
- B. Others are made miserable.
- C. Our fellowship is broken with God.
- D. We become a poor advertisement for Jesus in our lives.

V. The cure for depression.

- A. Treatment depends on the cause, the resources available and the depth.
- B. Man is made of mind, emotion, will and spirit. Many only minister to some of these areas.
- C. Response.

1. Know you are in good company.
 - a. Have a good talk with yourself. (Psalm 42:5)
 - b. Look to Jesus. (Hebrews 12)
2. Recognize that depression comes from your response to the circumstances.
3. Confess your anger to the circumstance as sin.
4. Admit that self-pity is present.
 - a. Face self-pity as sin.
 - b. Confess it. (1 John 1:9)
 - c. Ask God for victory over it.
 - d. Thank God for the circumstances that produced it. (1 Thessalonians 5:18)

e. Repeat the above formula whenever it occurs.

D. Steps to victory.

1. Know Jesus Christ as Savior.
2. Walk in the Spirit. (Galatians 5)
3. Forgive those who sin against you.
4. Renew your mind daily through the Bible.
5. Practice creative imagination through prayer. (Proverbs 4:23)

E. There is hope.

VI. How to help others with depression.

- A. Do not preach a sermon—be there for them.
- B. Give them hope.
- C. Be encouraging and do not argue.
- D. Give the person something to do.
- E. Help the person assume normal responsibilities.
- F. Get the person into the Word of God.
- G. Pray with the person.

VII. Conclusion.

Application questions:

1. How have you suffered from depression?

2. What are some wrong ways to respond to depression?

3. How would you counsel others dealing with depression?
