The Bible & Depression

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INTRODUCTION

- So I'm gonna be talking this morning about depression, and what the Bible has to say about that.
- Give a biblical lesson on depression and then have a workshop or an open discussion session about the clinical aspects of it.

1 Depression Is Different From Sadness

- Depression is different from sadness or feeling down from time to time. it's something that really engulfs your life.
- This is a real physiological issue. It's not a made up illness, it has nothing to do with laziness or just a couple of days of feeling sad or blue.
- It's also not a sign of a lack of faith. It's not a message from God that you are not faithful.
- So telling someone to snap out of it doesn't help.
- The Bible does not diagnose depression. Nor does it give us a prescription for what to do about it.

2 Cain, Moses and Jonah

Genesis 4:6–7; Romans 12:19

- So the Lord said to Cain, Why are you angry? And why has your countenance fallen?
- If you're going to deal with me like this, just kill me. Do not let me see my wretchedness.
- So God is telling Moses, You're not in this alone.
- Sometimes we can feel alone when we're carrying too much burden.
- The other lesson we can learn from Jonah is not to take our own vengeance, but leave room for the vengeance of God.

3 Elijah, David, Job and Jesus

1 Kings 19

- Elijah sat under a juniper tree in the wilderness and requested to God, here's his prayer, O Lord, take my life.
- Sometimes our situation can cloud our minds as to what our mission is in life.
- Sometimes it is the guilt of sin that causes us to be down or depressed. In that case, we need to repent of those sins.
- The lesson we can learn from Job, of course, is that we never lose our faith in God.
- He, above all things, learned obedience from the things that he suffered.

4 What Can We Learn From These Bible Characters

- Sadness and depression are just a normal part of life.
- The end result was that continued loyalty and dependence upon God was always desired.

5 How Can You Help Yourself

2 Corinthians 4:8; 1 John 1:9; Philippians 4:8

- Don't expect too much of yourself. Don't take on more than you can handle.
- If you're going through periods of this that have gone on for more than two weeks, and you feel hopeless and helpless, that's when you really need professional help.
- We are hard-pressed on every side but not crushed, perplexed but not in despair.
- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

6 How Can You Help Others

- There's really three things that you can provide to others: warmth, empathy, and respect.
- There's no place for judging other people or what their situation is without knowing all the facts.

THE CHALLENGE

So can we can we help anybody this morning?

MY NOTES