

Sharing Christ with Your Friends and Their Problems.

- 6/4 Anxious about Anxiety
- 6/11 Depressed about Depression
- 6/18 Are you Lonesome Tonight?
- 6/25 Angered by Anger

Intro:

- When what you experience has no name attached.
- How church and society has failed in dealing with depression:
 - “Snap out of it!”
 - So overused that it is reduced to simply a case of the “Blues”
 - Just a Spiritual issue that needs more prayer and piety
- Helping like Christ when it is easier to avoid and push off on others
- Keep in Mind: You are a friend, not a therapist nor a doctor. You share love of Christ and introduce Christ to the person.

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I. Deeper Look at Depression

- Different Types of Depression.
 - Major Depression: Feel depressed most days of the week and experience 5 or more of the following:
 - Loss of interest or pleasure in your activities
 - Weight loss or gain
 - Trouble getting to sleep or feeling sleepy during the day
 - Feelings restless and agitated, or else very sluggish and slowed down physically or mentally
 - Being tired and without energy
 - Feeling worthless or guilty
 - Trouble concentrating or making decisions
 - Thoughts of suicide
 - Persistent Depressive Disorder: 2 years or longer
 - Change in your appetite (not eating enough or overeating)
 - Sleep too much or too little
 - Lack of energy, or fatigue
 - Low self-esteem
 - Trouble concentrating or making decisions
 - Feel hopeless
 - Bipolar Disorder: Extreme Ups and Downs
 - Others: SAD, Psychotic, Postpartum.
- What are some possible causes for Depression: (complex)
 - Biological
 - Experience a loss

- Spiritual issues of unconfessed sin
- Something tragic has happened that has caused shame.

II. The Bible and Depression

- Job (Job 3:23-26, 7:11,15-16)
- King David (Psalm 13, Psalm 51)
- Solomon (Ecc 2:17)
- Elijah (1 Kings 19) Prime candidate for depression:
 - Coming off Mountain Top Experience
 - Physically Exhausted
 - Recipient of Bad News
- Elijah Affected by His Depression:
 - He wanted to Give Up
 - He wanted to end his life
 - He felt down on Himself
 - He felt alone

III. How Can We Help Others Struggling with Depression?

- Encourage with Understanding
 - Engage them but allow space
- Listen to Them
 - Ask open ended questions
 - Challenge the Negative Thinking
- Help Them Stay Involved
- Show Them the love and hope of God by Word and Deed
 - God’s unconditional love and promises
 - Your unwavering friendship
 - The hope that things will get better
- Pray! Pray! Pray!

Conclusion:

- Can Superman still Smile?