

What Does the Bible Say about: Depression

Depression is a widespread condition, affecting _____ adults, both Christians and non-Christians alike Annually in the U.S. _____ million around the world.

According to the CDC – Mental disorders including depression increased by _____% in an online survey conducted in June of last year.

Psalm 139:14

It stands to reason that our _____ interacts with our _____ and vice-versa.

Genesis 3:14-19 / Romans 8:20-22 / John 11:35

Biblical Examples

Psalm 56:8 *You number my wanderings; Put my tears into Your bottle; Are they not in Your book?*

Who said it? _____

Numbers 11:15 *If You treat me like this, please kill me here and now--if I have found favor in Your sight--and do not let me see my wretchedness!"*

Who said it? _____

1 Kings 19:3-5 *And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!" Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat."*

Who said it? _____

Now here is the catch – None of these guys were _____ by God for his feelings; rather, they were met with God's love and provision.

John 16:33

Taking heart does *not* mean _____ on a smile or _____ the feeling of emptiness that depression brings.

It does *not* mean _____ to treat depression through counseling or medication.

It does *not* mean _____ the relational hurts or the misperceptions that have led to depression

It does *not* mean _____ the fact that depression could be a lifelong struggle.

What taking heart *does* mean is _____ all our pain to God.

It *does* mean _____ to trust in Him.

It *does* mean _____ that what He says about Himself and about us is true, even when we don't feel like it is.

It *does* mean _____ the help we need, battling depression rather than giving in to it.

So how are we to respond to depression?

Individually

1. It is _____ to be depressed. But it is wrong to _____ on God when we are depressed.

Psalm 43:5

2. The Bible tells us to be _____ with joy and praise.

Philippians 4:4 / Romans 15:11

3. Clinical depression is a condition that sometimes needs to be _____ and _____ by a physician with medication and or counseling.

Congregationally

People who live with any kind of a mental or emotional disorder _____ your pity / arrogance/ or Pharisaical attitude.

They need to be _____ as much as any of us, maybe even a little more.

They _____ encouragement/ fellowship/ invitation/ engagement/ prayer/ understanding and compassion.

They need to know that _____ as a fellow brother or sister in Christ are here to help no matter the hour of the day.

Romans 12:5 so we, being many, are one body in Christ, and individually members of one another.

Romans 12:9-16 Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep. Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.