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# SEEKING LIGHT: HELP FOR THE DEPRESSED

# Depression

- Biblical examples
- God to Cain, "Why is your face downcast?" (Gen. 4:6)
- Hagar (single parent) Gen. 21:9-21
- Isa 61:3 (read)
- Psalm 147:3
- Psalm 30:5
- Isa 55:12; 54:10-14; Romans 8:16-18, 26-27

# Depression

- 1 Peter 5:6,7;
- John 16:20-22;
- 2 Cor 1:3-5;
- 2 Cor 4:8-9
- Job, Elijah, Jonah
- Depression is common
- Depression often has “spiritual-like” symptoms but is not necessarily spiritual
- Example of Dr. and Mrs. Dobbins

# Our Founder

- Dr. Richard Dobbins, PhD
  - A/G Pastor and Author
  - Created a “Healing of the Mind” model used extensively by Christian Psychologists



# Introduction

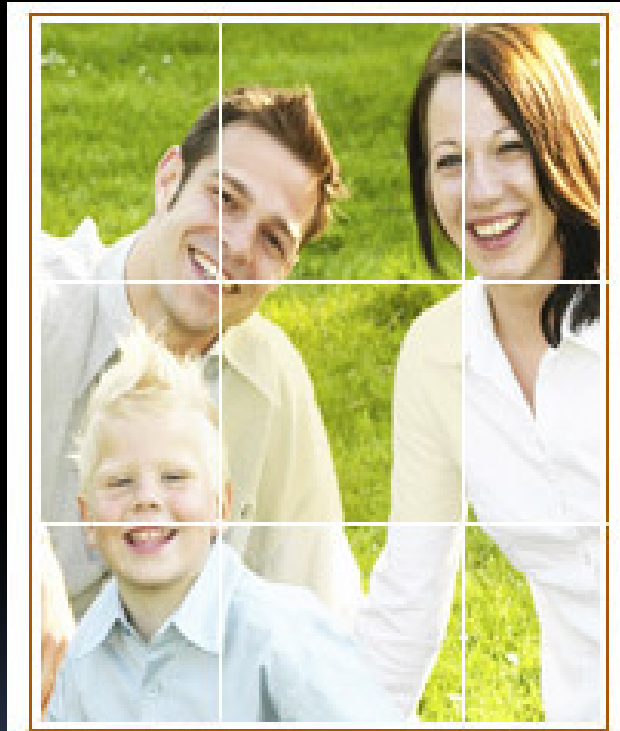
- Avoiding Extremes
  - Depression is merely chemical and biological
  - Depression is solely spiritual
  - Depression is only a lack of willpower
  - Depression is solely “demonic” problems

“The Devil Made Me Do It!”



# WHEN PEOPLE *DON'T* COME FOR DEPRESSION COUNSELING

- BANK ACCOUNT IN THE BLACK
- HEALTHY FAMILY
- PROSPEROUS BUSINESS
- WELL BEHAVED CHILDREN
- A THRIVING MARRIAGE



# Feeling a Bit Burned Out?





Of Course I'm Available...



# Guilt..Shame...Secrecy





# Depression Affects the Whole Person

- ▣ Physical
- ▣ Intellectual
- ▣ Emotional
- ▣ Social
- ▣ Spiritual



# Depression

- Symptoms of Depression
  - Range of Emotions (mild to profound)
  - Dejection
  - Sadness
  - Discouragement
  - Downhearted
  - Changes in sleeping
  - Weight gain or loss

# Depression

- Mania or “Manic” symptoms
  - Irritable
  - Insomnia
  - Grandiose notions
  - Talking fast
  - Disconnected or racing thoughts

# Depression

- Sources of Depression
  - Physiological
  - Psychological
  - Spiritual
  - Crises or Trauma

# Depression

- Diagnosis
  - History of symptoms
  - How long? How severe?
  - Ask about alcohol or drug use?
  - Crisis?
  - Suicide Risk evaluation (Review key questions)
  - Note bi-polar depression tends to run in families



# Depression Treatments

- Physical exam
- Possible medication (e.g.. SSRI)
- Psychological – Example of Elijah (1 Kings 19)
  - Total relief from responsibilities
  - Special diet
  - Long rest

# Depression Treatments

- Attack of the “blues”
  - Stay busy
  - Share the burden
  - Do something that is fun
  - Counseling
  - Don't be too hard (driven) regarding goals
  - Break tasks into smaller parts
  - Avoid making major life decisions

# Depression Treatments

- Challenge negative thinking (Beck)
- Make daily schedule
- Spiritual (Love of Christ (Ps 63:1-8))
  - ▣ Repent of unconfessed sin
- Challenge interpretation of events

# What Can We Do With The Pain of Depression?



*"These things I remember and I pour out my soul within me.  
For I used to go along with the throng and lead them in procession  
to the house of God, With the voice of joy and thanksgiving,  
a multitude keeping festival." - Psalms 42:4, NASB*

# 4 STEPS TO PRAYING THROUGH

# THROUGH PRAYING STEPS TO

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1

**TALK TO GOD  
HONESTLY  
ABOUT  
YOUR HURTS**



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PRAYING  
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**EXPRESS YOUR  
FEELINGS ABOUT  
YOUR HURTS  
TO GOD**



4

**STEPS TO  
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**THROUGH  
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A NEW MEANING  
FROM YOUR  
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**PRAISE GOD  
FOR THE  
NEW MEANING  
HE GIVES YOU!**  
I CORINTHIANS 2:9



4

**STEPS TO  
PRAYING  
THROUGH**

**THROUGH  
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What do you see?



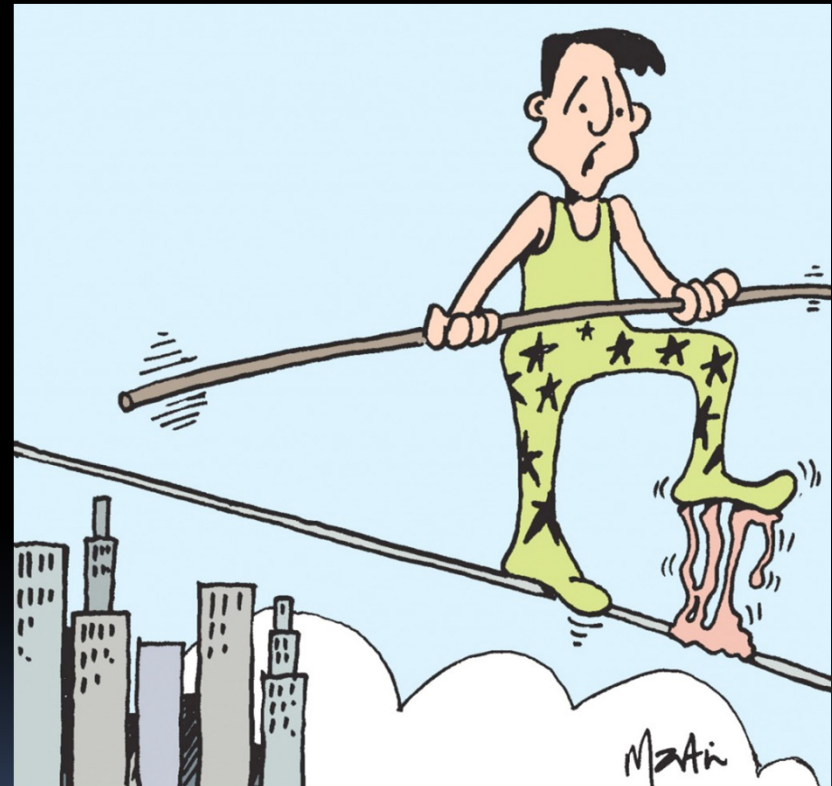
# What Every Believer Deserves to Know

- ▣ Lovable
- ▣ Valuable
- ▣ Forgivable
- ▣ Changeable
- ▣ Never Alone



# Develop a “Master Schedule” or “Rhythm of Life” (Larson)

- Devotional Time
- Physical Exercise
- Family Time
- Day Off
- Personal Time
- Prayer
- Rest





# Run to Win

*Not a Sprint!*



# Some Lessons I've Learned About Depression











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DR. DON  
595

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PIZZA PAPA JOHN'S No. 595	BEER Model ULTRA No. 595	FOOD ACME Fresh Market No. 595
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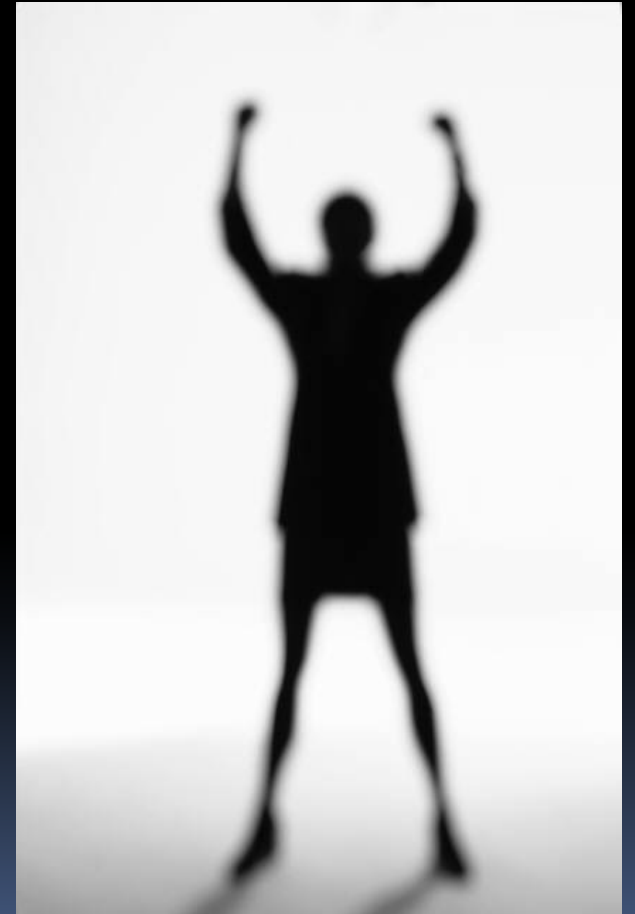
# ***JESUS THE WONDERFUL COUNSELOR***

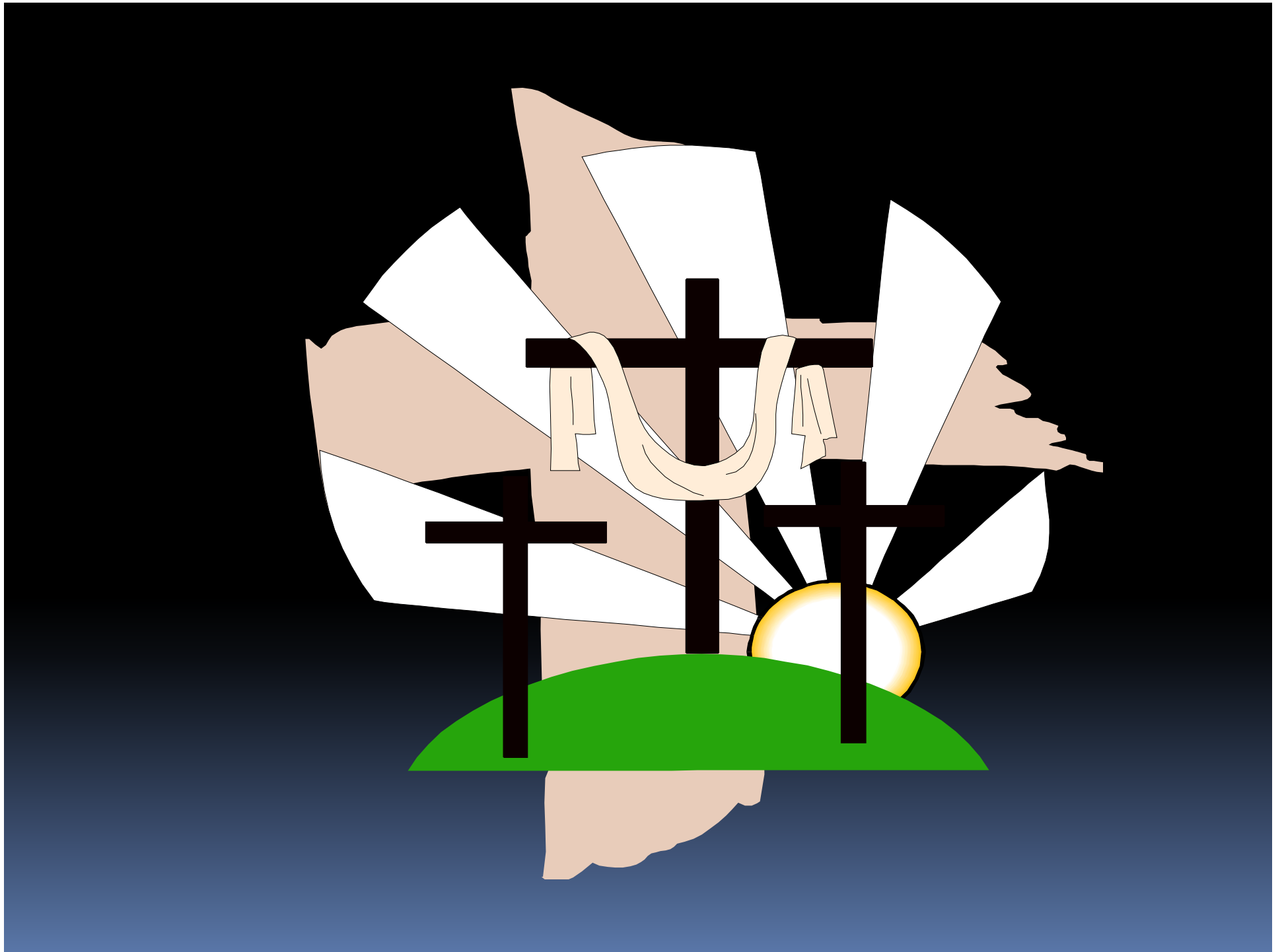
- **HIS WORDS TO US TODAY....**
- ***LO....I AM WITH YOU ALWAYS...EVEN  
UNTO THE ENDS OF THE EARTH....***
- ***I AM YOUR SHEPHERD***
- ***I AM YOUR STRENGTH***
- ***FEAR NOT!***



# What Will People Remember About Us?

- How we lived
- How we loved
- How we left
- **FINISH WELL!**





## Jude 24

- To Him who is able to keep you from falling and to present you before His glorious presence without fault and with great joy – to the only God our Savior be glory, majesty, power, and authority, through Jesus Christ our Lord, before all ages, now and forevermore.
- Amen