

“Cast down but not destroyed”

**DEPRESSION**

# Mood Disorders

- ⊙ Major Depression
- ⊙ Minor Depression
- ⊙ Dysthymia
- ⊙ Adjustment Disorder with Depressed Mood
- ⊙ Seasonal Affective Disorder
- ⊙ Bipolar 1 (mania only)
- ⊙ Bipolar II (major depression + hypomania)
- ⊙ Cyclothymia
- ⊙ Schizoaffective disorder
- ⊙ Postpartum depression
- ⊙ Borderline Personality Disorder

# Major Depression

**Five symptoms present for at least 2 weeks, most of the day, nearly every day at least one symptom is depressed mood or loss of interest or pleasure:**

- ⊙ Depressed mood (or irritable mood in children or adolescents).
- ⊙ Marked loss of interest or pleasure in activities.
- ⊙ Significant weight loss or weight gain when not dieting, or decrease or increase in appetite.
- ⊙ Insomnia or alternatively excessive sleep.
- ⊙ Agitation or retardation.
- ⊙ Fatigue or loss of energy.
- ⊙ Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional).
- ⊙ Diminished ability to think or concentrate, or indecisiveness.
- ⊙ Recurrent thoughts about death and suicide.

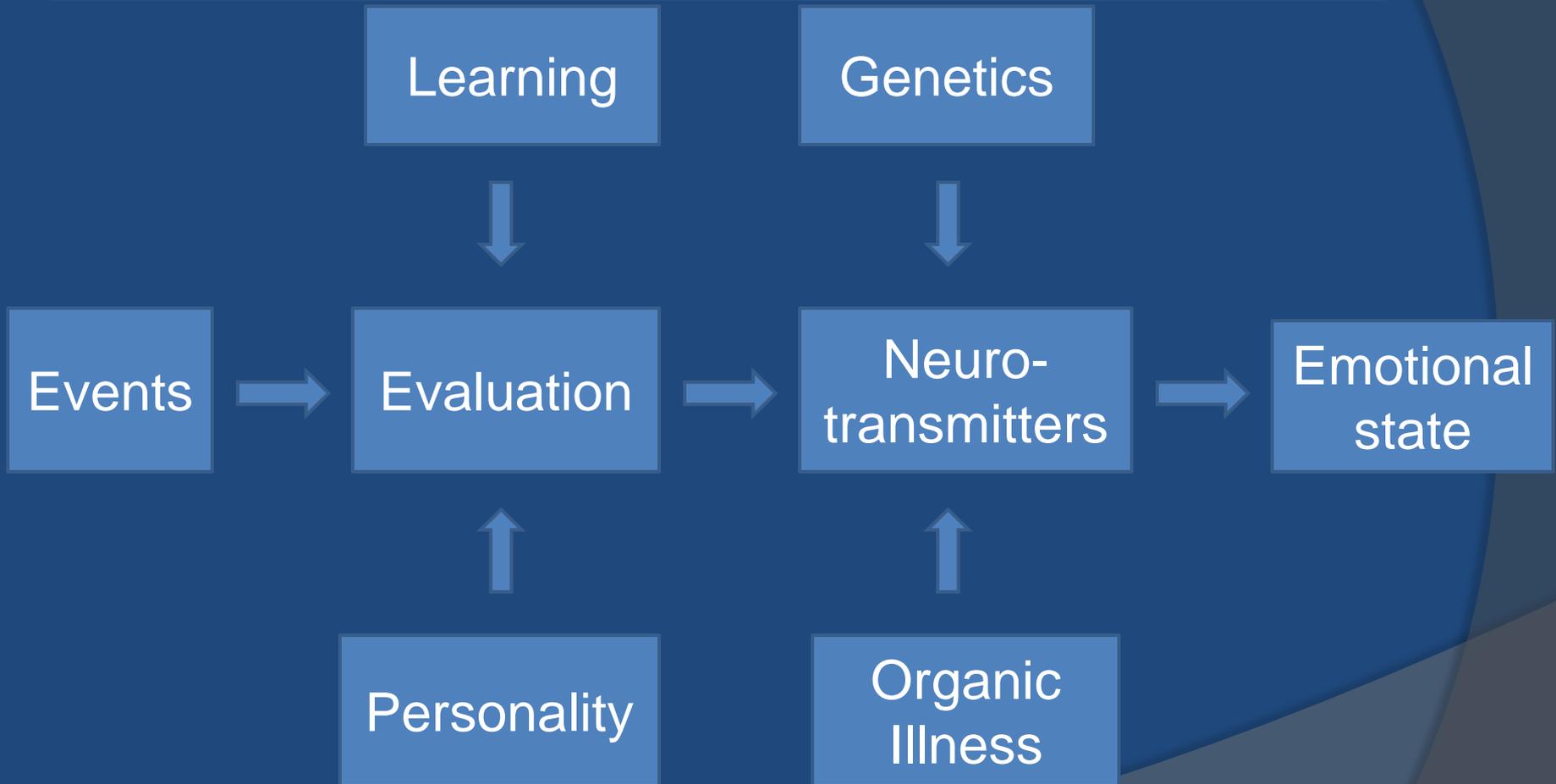
# People at risk of depression

- ◎ People with chronic, life-threatening physical illness, or with severe or disabling symptoms.
- ◎ People with illnesses of the central nervous system (eg. Stroke, Parkinson's disease)
- ◎ Sufferers of unexplained pain, hypochondriasis, or prolonged fatigue.
- ◎ Elderly people living alone.
- ◎ People who abuse substances, especially alcohol and amphetamines.

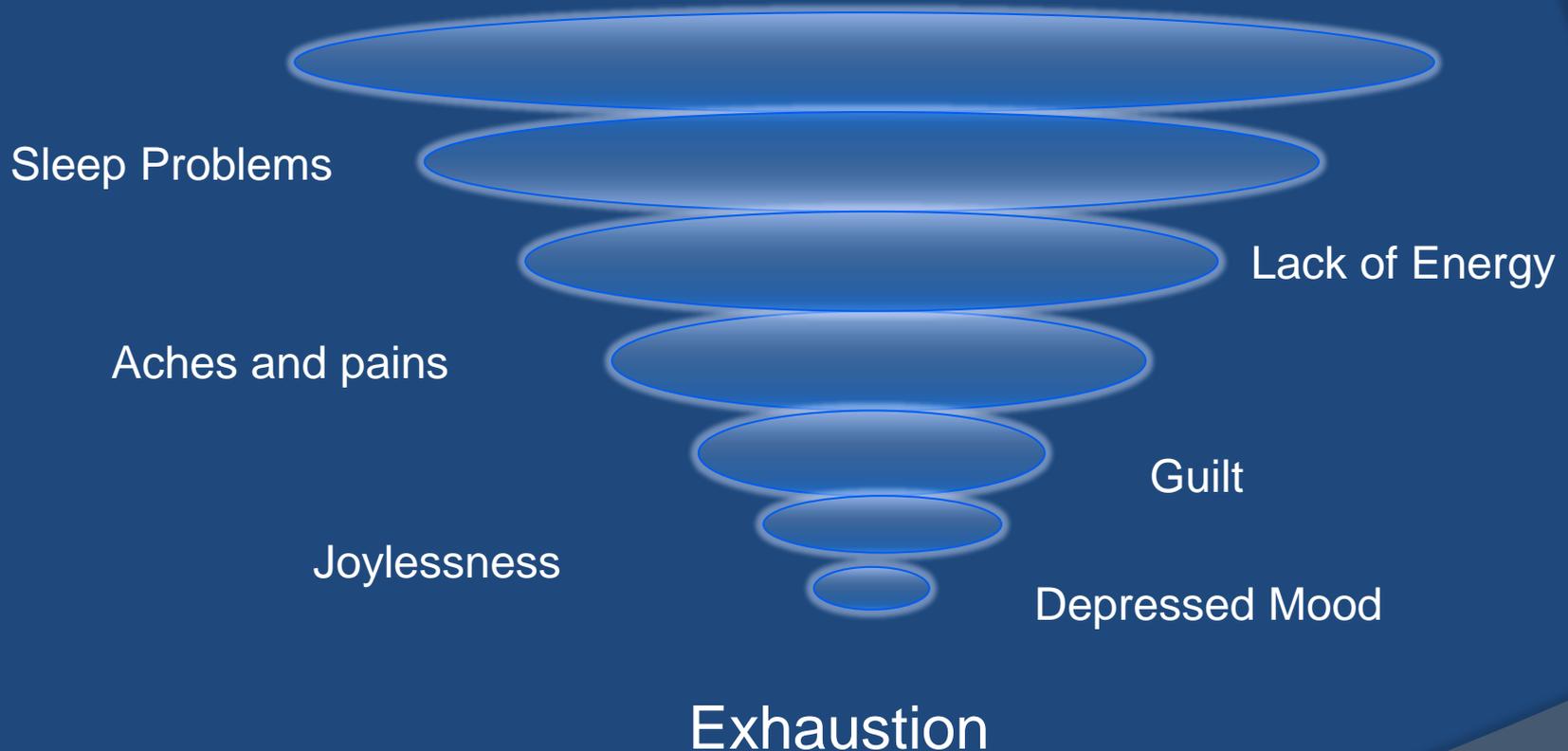
# People at risk of depression

- ◎ Women in the postpartum period.
- ◎ People who have suffered recent significant losses.
- ◎ People undergoing developmental or role changes such as retirement.
- ◎ Children or adolescents with chronic, mild dysphoria or irritability and decreasing school performance who state that they feel unloved.
- ◎ People who have low self esteem.

# What Causes Depression?



# The Exhaustion Funnel



As believers should we expect more or less depression?

**Physically we share the same range of problems;**

- ◎ We should have less issues with drugs and alcohol.

# As believers should we expect more or less depression?

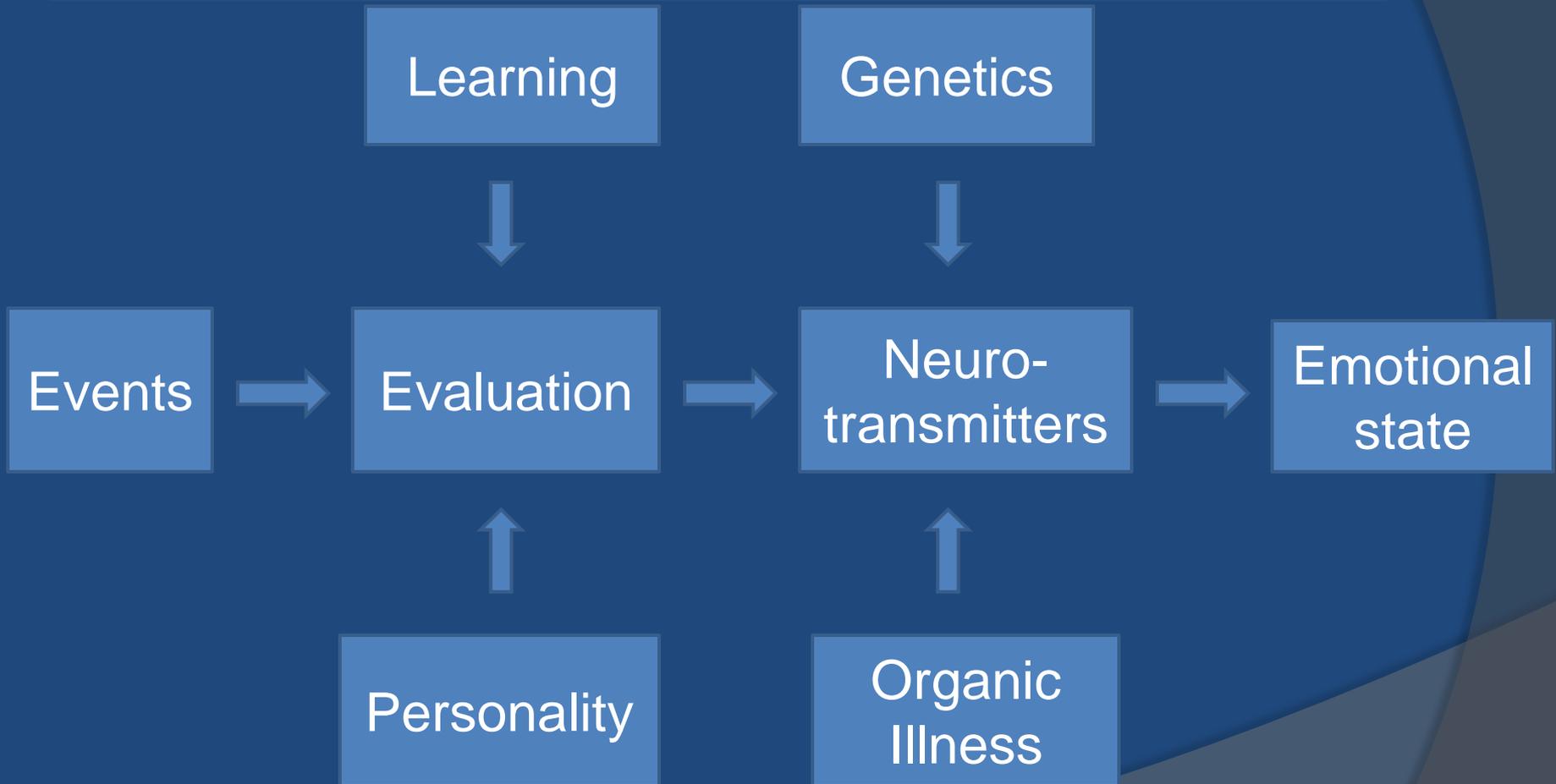
## **Mentally we face issues that nonbelievers don't**

- ◎ We try to meet an impossible standard of perfection.
- ◎ We struggle with a conscience, and hence with guilt.
- ◎ We live in a close community that can be unloving and judgemental.
- ◎ We know the world for the evil place it is.

# As Believers we are helped by:

- ◎ The provision of a wonderful grace that frees us from the need to live by performance.
- ◎ The care from a loving Father.
- ◎ The resources of a loving community.
- ◎ The awareness that there is a glorious future beyond the troubles of today.

# What Causes Depression?



# Myths of Depression 1

*“Depressed people should just cheer up.”*

The “low neurotransmitter“ theory would postulate that severely depressed people do not have the ability to respond like a non-depressed person.

Depression causes physical and measurable changes to the bodies functioning.

# Myths of Depression 2

*“Spiritual people don’t get depressed.”*

## **Job**

*“Had I died at birth, I would now be at peace.  
I would be asleep and at rest...*

*Why wasn’t I buried like a stillborn child, like a  
baby who never lives to see the light?*

*For in death the wicked cause no trouble,  
and the weary are at rest”.*

Job 3:14-16NLT

# Spiritual People Get Depressed

## Asaph

*But as for me, I almost lost my footing.  
My feet were slipping, and I was almost one.  
For I envied the proud  
when I saw them prosper despite their  
wickedness.  
They seem to live such painless lives;  
their bodies are so healthy and strong...*

# Spiritual People Get Depressed

*...They don't have troubles like other people;*

*they're not plagued with problems like everyone else.*

*Did I keep my heart pure for nothing?*

*Did I keep myself innocent for no reason?*

*I get nothing but trouble all day long;*

*every morning brings me pain.*

Psa 73:2-14

# Spiritual People Get Depressed

## Hannah

*“And as he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat. Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons...and she was in bitterness of soul, and prayed unto the LORD, and wept sore.”*

1 Sam 1:7-10

# Spiritual People Get Depressed

## Jeremiah

*“He hath filled me with bitterness, he hath made me drunken with wormwood. He hath also broken my teeth with gravel stones, he hath covered me with ashes. And thou hast removed my soul far off from peace: I forgot prosperity. And I said, My strength and my hope is perished from the LORD: Remember mine affliction and my misery, the wormwood and the gall”*

*Lam 3:15-19*

# Depression in followers of Christ

- Low self-esteem
  - Lack of appreciation that God's love extends to even you.
- Emotional flatness
  - Lack of happiness or joy
- Anxiety
  - Lack of faith or trust in God.
  - Feeling prayer is ineffective.
- Lack of concentration
  - Inability to read the Bible
  - Inability to pray
- Guilt/paranoia
  - Feeling of guilt and of being unworthy of God's love

# Depression in followers of Christ

- Low self-esteem
- Emotional flatness
- Anxiety
- Lack of concentration
- Guilt/paranoia

# Treatment For Depression

- ◎ Antidepressants:  
The role of medication is to help gain energy to face the internal work, not mask it.
  - SSRI's
  - SNRI's
  - MAO's
  - St John's Wort
- ◎ Talking Therapies
- ◎ ECT
- ◎ Exercise
- ◎ Mindfulness

# How can we help?

Developing a sense of balance between:

- ⦿ Acknowledging the effects of the illness on the person and hopes for recovery.
- ⦿ Wanting to do things to help the person and encouraging them to be independent.
- ⦿ Showing you care but not being over-involved.
- ⦿ Giving the person your time and having time for yourself and your family.
- ⦿ Encouraging the person to do things but not being unrealistic or demanding.

# Myths of Depression 3

*“Depression is not a spiritual issue”.*

Joy is the outcome of developing spiritual maturity:

*“...the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, □ meekness, temperance...”*

*Gal 5:22-23*

# Myths of Depression 3

*“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Spirit.”*

*Rom 14:16-17*

*“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; we faint not; but though our outward man perish, yet the inward man is renewed day by day.”*

*2 Co 4:8-18*

# Outside the Garden-It's Depressing

Depression must be taken seriously but is part of the normal human experience.

*'She also gave some to her husband, who was with her. Then he ate it, too. At that moment, their eyes were opened, and they suddenly felt shame at their nakedness. So they strung fig leaves together around their hips to cover themselves.'*

*Gen 3:6-7NLT*

# Outside the Garden-It's Depressing

*“Unto the woman he said...in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. ¶And unto Adam he said...cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; ¶Thorns also and thistles shall it bring forth to thee...In the sweat of thy face shalt thou eat bread, till thou return unto the ground“*

*Gen 3:16-19*

# Outside the Garden-It's Depressing

*'As people come into this world, so they depart. All their hard work is for nothing. They have been working for the wind, and everything will be swept away. Throughout their lives, they live under a cloud-frustrated, discouraged, and angry. "*

*Ecc 5:12-17NLT*

# Outside the Garden

I Need God to make  
my life work.



I must convince him to  
bless me.

I must convince God to bless me.

Depression may stem from false expectations.

*“And Jacob vowed a vow, saying, If God will be with me, and will keep me in this way that I go, and will give me bread to eat, and raiment to put on, so that I come again to my father's house in peace; then shall the LORD be my God:”*

*Gen 28:20-21*

# I must convince God to bless me.

*“ Few and evil have been the days of my life...(however) God which fed me all my life long unto this day, the Angel...redeemed me from all evil”* Gen  
47:9,48:15

*“Look at these arrogant people—enjoying a life of ease while their riches multiply. Was it for nothing that I kept my heart pure and kept myself from doing wrong? All I get is trouble all day long; every morning brings me pain”*

*Ps 73:12-14*

# I must convince God to bless me.

- ◎ If we have to be good to earn God's blessings then we cannot easily admit failure.
- ◎ If we are driven by having to look good then we will not easily seek help.

It takes an enormous amount of emotional energy to remain in denial.

# Outside the Garden

I Need God to make  
my life work.



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bless me.



I'm not good enough.  
God hates me

# I'm not good enough

- ◎ A “Performance Mentality” will fail. Life does not meet our expectations and we blame ourselves and our inevitable failures.
- ◎ We believe that our own failings have lead to God punishing us.
- ◎ Past sins are given an inordinate importance in our lives.

A vicious cycle develops. True guilt leads to depression, which leads to false guilt.

# Outside the Garden

I Need God to make  
my life work.



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I Hate Me

# Self Esteem

- ◎ “I can only feel good if she approves of what I do”: People whose self-esteem is based on how others judge them are vulnerable to depression and anxiety.
- ◎ “I cannot do without her” : Those whose self-esteem depends on being loved by someone are vulnerable to depression and anxiety.

# Self Esteem

- ◎ “I must be the best at work”: An excessive reliance on productivity and achievement at work predisposes to the development of depression and anxiety.
- ◎ “I must be perfect”: Only being satisfied if things are done perfectly leads to anxiety and disappointment.

# Outside the Garden

I Need God to make  
my life work.



I must convince him to  
bless me.



I'm not good enough.  
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I Hate Me



I will do what it takes to  
make life work

I will feel better whatever it takes

*“For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.”*

*Jer 2:13*

# I Will feel better whatever it takes

Our lives become an effort to gain love, meaning, and security independent of God

- ◎ We treat our shame with whatever boosts our independence.
- ◎ We fear exposure and mask it with an external righteousness.
- ◎ We use our capacity to work to gain, rather than nurture.
- ◎ We enter into relationships in order to get, not give.

**ADDICTION**

# Outside the Garden

I Need God to make my life work.



False Assumptions



I must convince him to bless me.



Blessings based on performance



I'm not good enough.  
God hates me



God's love must be earned



I Hate Me



Failure equals lack of worth

I will do what it takes to make life work



Despair

# The Real Truth

We cannot manipulate God by our works

*“Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began.”*

*2 Tim 1:9*

# The Real Truth

*“For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another...but...after that the kindness and love of God our Saviour toward man appeared, not by works of righteousness which we have done, but according to his mercy he saved us....”*

*Titus 3:3-5*

# The Real Truth

We do not have to earn God's favour

*“In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.”*

*1 John 4:9-10*

# The Real Truth

God is honoured when we confess our weaknesses

*“Confess your faults one to another, and pray one for another, that ye may be healed.”*

*Jas 5:16*

*“But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.”*

*Eph 4:15*

# Myths of Depression 4

*“Depression is God’s punishment for my sins”.*

**Suffering as a means for God to declare Himself:**

*”And as Jesus passed by, he saw a man which was blind from his birth. □ And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? □ Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him”.*

*Jn 8:59-9:3*

# Myths of Depression 4

*“Depression is God’s punishment for my sins”.*

**Suffering as a call to the general human need for salvation**

*“There were present at that season some that told him of the Galilaeans, whose blood Pilate had mingled with their sacrifices. □ And Jesus answering said unto them, Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things...*

# Myths of Depression 4

*□.I tell you, Nay: but, except ye repent, ye shall all likewise perish. □Or those eighteen, □ upon whom the tower in Siloam fell, and slew them, think ye that they were sinners □ above all men that dwelt in Jerusalem? □I tell you, Nay: but, except ye repent, ye shall all likewise perish”. □*

Luke13:1-5

# Myths of Depression 4

*“Depression is God’s punishment for my sins”.*

**Suffering as a result of personal sin.**

*“Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee”.*

*Jn 5:14*

# Forgiveness Removes Guilt

We may have guilt feelings but true guilt has been removed.

*“As far as the east is from the west, so far hath he removed our transgressions from us”.*

*Psa. 103:12*

*“Behold, for peace I had great bitterness: but thou hast in love to my soul delivered it from the pit of corruption: for thou hast cast all my sins behind thy back.”*

*Jer 38:17*

# Forgiveness Removes Guilt

*“Who is a God like unto thee, that pardoneth iniquity...He retaineth not his anger for ever, because he delighteth in mercy.He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea.”*

*Micah 7:19*

*“I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.”*

*Isa 43:25*

# Myths of Depression 5

*“Gods blessings lie in taking away suffering”.*

**Suffering can be one of God’s good gifts.**

*“You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.”*

*Mt 7:9-11NLT*

# Myths of Depression 5

Suffering can be one of God's good gifts.

*“And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.”*

*Heb 12:5-6*

# The Blessing of Dependence

*“And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me”.*

2 Cor 12:7-9

# The Blessing of Dependence

*“I have heard of thee by the hearing of the ear: but now mine eye seeth thee.”*

Job 42:5

# Outside the Garden

I Need God to make my life work.



God blessed me by giving Christ whilst I was a sinner



Grace given independent of "goodness"



God is with me to bring good out of this

God will do what it takes to make life work



Hope

# The Elijah Complex

*“But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die...it is enough; now, O LORD, take away my life... And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head...”*

# The Elijah Complex

*...And he did eat and drink, and laid him down again. And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God”.*

*(1 Kings 19:4-10)*

# The Elijah Complex

“I only I am left ”.

It can be hard to give ourselves a break given the sacrifice of Christ, but we cannot help others when we are exhausted. Christ will tend to his ecclesia. We are not indispensable.

# Growing towards joy

*“My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”*

Jas 1:2-4

# Growing towards joy

*“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.”*

1 Pet 4:12-13

# Growing towards joy

*“So be truly glad. There is wonderful joy ahead, even though you have to endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world...”*

# Growing towards joy

*... You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious, inexpressible joy. The reward for trusting him will be the salvation of your souls. □*

1 Pe 1:6-9NLT

# Living with hope for the future

*“ We are pressed on every side by troubles, but we are not crushed and broken. We are perplexed, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going. Through suffering, these bodies of ours constantly share in the death of Jesus so that the life of Jesus may also be seen in our bodies...”*

# Living with hope for the future

*That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are quite small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever! So we don't look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.*

*2 Cor 4:8-18*

# The truth about depression

- ⦿ Depression has many causes, many of which have nothing to do with a lack of spirituality.
- ⦿ Many spiritual people have been depressed.
- ⦿ Depression is not a punishment for a sin which we have committed, and it is not because God is angry with us. He never stops loving us even whilst we struggle with our faith.
- ⦿ Whatever the cause, God is on our side, forgiving us, relieving our guilt, and bringing good out of the situation.

# Areas of Exploration

- ◉ Where is love and security coming from in our life.
- ◉ Where is the meaning in our life, in work, impact, significance.
- ◉ Where is God in this depression?
- ◉ What are our core beliefs regarding why God allows suffering?
- ◉ Are we attempting to manipulate God?
- ◉ Are we living by a performance mentality?
- ◉ Do we see potential for growth?
- ◉ Are we being driven towards or away from God?