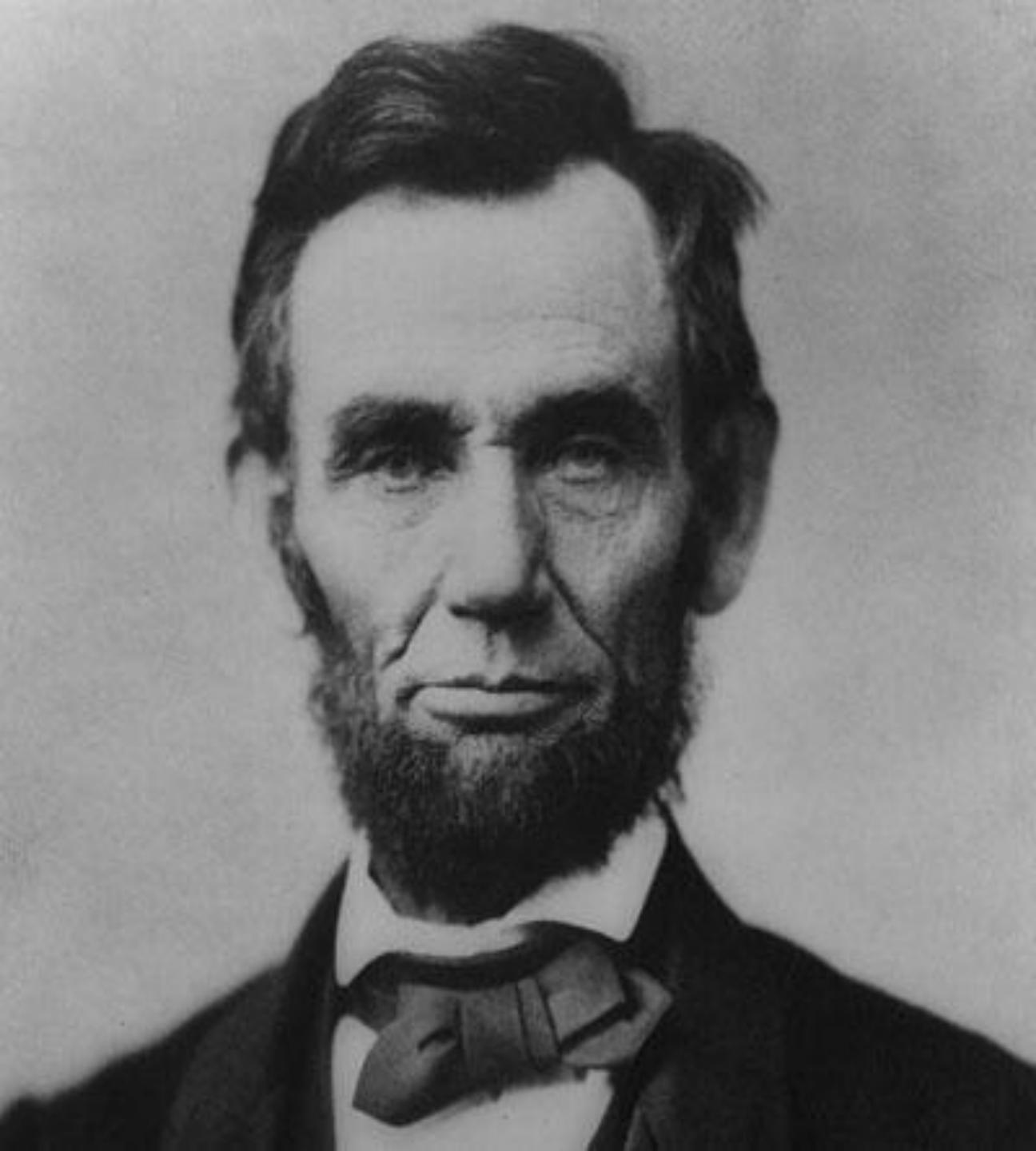


# Depression





"I am now  
the most  
miserable  
man  
living.  
Whether I  
shall ever  
be better,  
I cannot  
tell."

# What does Depression Look Like? What are the symptoms?

- Persistent sad or anxious mood
- Anger, restlessness, irritability
- Sleeplessness, or not enough sleep
- Reduced appetite and weight loss, or increased appetite and weight gain.
- Loss of pleasure and interest in things once enjoyed
- Persistent physical symptoms that don't respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
  - Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

# Common Causes of Depression?

- Death or serious illness of a friend or family member
- Loss of love or attention from a friend or family member
- Breakup of a romantic relationship
- Family problems, especially parents' divorce
- Isolation/loneliness (nursing homes are full of such people)
- Rejection
- Physical, verbal, and/or sexual abuse
- Genetic vulnerability, particularly if a parent is/was depressed
- Chemical imbalance
- Hormonal changes, including PMS
- Substance abuse
- Hospitalization, especially for a chronic illness

# DEPRESSION AND THE BIBLE

- Moses
- Job

- Job 3:11 – “*Why did I not die at birth, Come forth from the womb and expire?*”
- Job 3:26 “*I have no peace, no quietness; I have no rest, but only turmoil.*”

## ■ David

- Psalm 6:2-3, 6 - "*Be merciful to me, Lord, for I am faint; O Lord, heal me, for my bones are in agony. My soul is in anguish. How long, O Lord, how long?....*
- *I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears."*

## ■ Paul

- 2 Corinthians 2:12-13 - *12 Now when I came to Troas for the gospel of Christ and when a door was opened for me in the Lord, 13 I had no rest for my spirit, not finding Titus my brother; but taking my leave of them, I went on to Macedonia.*
- A THORN IN THE FLESH

Warren Weirsbe wrote,  
*"We do not know what Paul's thorn in  
the flesh was. The word translated  
thorn means '**a sharp stake used  
for torturing someone.**' It was  
a physical affliction of some kind  
that brought pain and distress to  
Paul. Some think that Paul had an  
eye affliction according to  
Galatians 6:11... but we cannot  
know for sure.*

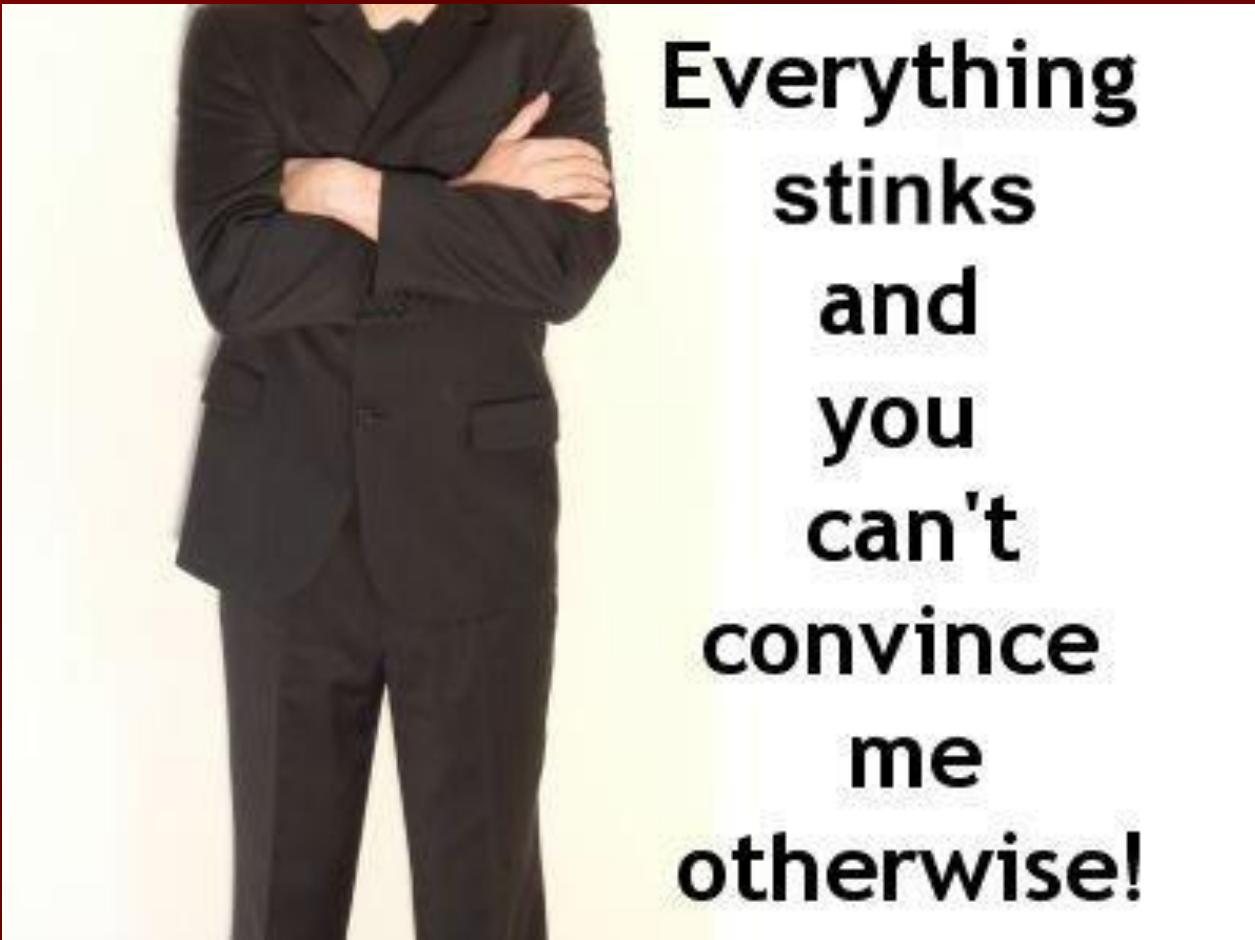
- Psalm 40:1-2 "*I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire.*"
- Job 42:12 "*The Lord blessed the latter part of Job's life more than the first.*"
- God blessed Job with prosperity and gave him twice as much as he had earlier in life. Job 42:10-17

- II Cor. 12:9 "My grace is sufficient for you, for my power is made perfect in weaknesses."
- Warren Weirsbe wrote, "*God did not give Paul any explanations. Instead, He gave him a promise. And that's an important truth for us to understand when we are dealing with depression.*"

# NOT EXPLANATIONS ... PROMISES.

- Matthew 7:7-11 - *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 "For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 9 "Or what man is there among you who, when his son asks for a loaf, will give him a stone? 10 "Or if he asks for a fish, he will not give him a snake, will he? 11 "If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!*

# **STOP COMPLAINING**



**Everything  
stinks  
and  
you  
can't  
convince  
me  
otherwise!**







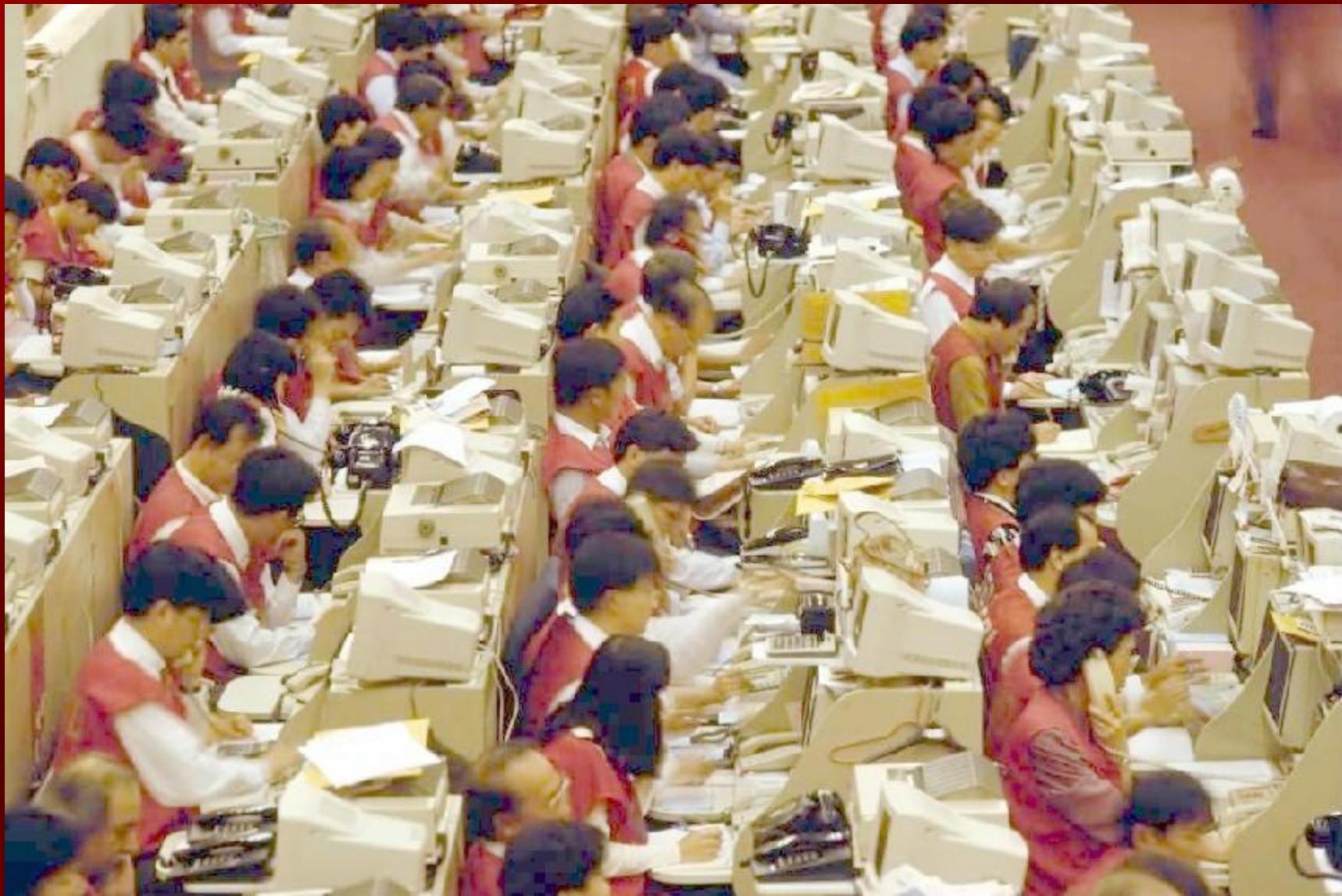








RY LEONARD/WILSHIRE GRAND CENTER PROJECT







**COMPLAINT  
DEPARTMENT**  
PLEASE TAKE A NUMBER

1



Philippians 2:14 –  
*“Do everything  
without  
complaining or  
arguing.”*

■ I Corinthians 10:1-5 - ***"For I do not want you to be ignorant of the fact, brothers, that our forefathers were all under the cloud and that they all passed through the sea. They were all baptized into Moses in the cloud and in the sea. They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. NEVERTHELESS, GOD WAS NOT PLEASED WITH MOST OF THEM..."***

I Cor. 10:10 –

*"And do not grumble,  
as some of them did  
and were killed by the  
destroyer angel."*

"Whenever you are tempted  
to tell your troubles to  
other people, remember  
that half your listeners  
aren't interested, and the  
rest are glad you're finally  
getting what's coming to  
you."

## II) STAY TUNED

- Psalm 9:9 - “*The Lord is a refuge for the oppressed (and we could say “depressed”), a stronghold in times of trouble.*”
- Psalm 121:1-2 - “*I lift my eyes to the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.*”
- Psalm 19:1 - “*The heavens declare the glory of God; the skies proclaim the work of his hands.*”

Gal. 3:26-27 –

*“You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ.”*

# III) SHAPE UP

- I Tim. 4:8 - "*For physical training is of some value..."*
- ...*but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.*
- After working out three times a week for six months, one group was found to be 20% fitter. **Bonus:** they also scored 70% better in a test of complex decision-making.







## IV. SEPARATE YOURSELF FROM NEGATIVE INFLUENCES AND PEOPLE

- Proverbs 13:20 "*He who walks with the wise grows wise, but a companion of fools suffers harm.*"
- Proverbs 12:26 "*A righteous man is cautious in friendship, but the way of the wicked leads them astray.*"
- Proverbs 14:7 "*Stay away from a foolish man, for you will not find knowledge on his lips.*"
- I Corinthians 15:33 "*Do not be misled: Bad company corrupts good character.*"

# V) SEEK TO SERVE OTHERS

- Matthew 9:36 "*When he saw the crowds, he had compassion on them, because they were harassed and helpless..."*
- Romans 12:15 "*Rejoice with those who rejoice and weep with those who weep.*"
- Proverbs 12:25 "*An anxious heart weighs a man down, but a kind word cheers him up.*"

# Proverbs 11:25

*"A generous man  
will prosper; he  
who refreshes  
others will  
himself be  
refreshed."*

Matthew 16:25-

*“For whoever wishes  
to save his life will  
lose it; but whoever  
loses his life for My  
sake will find it.”*