



Counselling

Chad

chadloftis@icloud.com

0480 380 786

Depression and Joy

Opposites or something more?

Major Depressive Disorder

5 or More of these:

- **Depressed mood most of the day, nearly every day as indicated by subjective report (e.g., feels sad, empty, hopeless) or observation made by others (e.g., appears tearful)**
- **Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by subjective account or observation)**
- **Significant weight loss when not dieting or weight gain (e.g., change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day**
- **Insomnia or hypersomnia nearly every day**
- **Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)**
- **Fatigue or loss of energy nearly every day**
- **Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).**
- **Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)**
- **Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide**

Plus all of These:

The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

The episode is not attributable to the physiological effects of a substance or to another medical condition.

Note: The above criteria represent a major depressive episode.

The occurrence of the major depressive episode is not better explained by schizoaffective disorder, schizophrenia, schizophreniform disorder, delusional disorder, or other specified and unspecified schizophrenia spectrum and other psychotic disorders.

There has never been a manic episode or a hypomanic episode.

The Chemical Imbalance Explanation



The Trauma Explanation





The Lack of Joy Explanation

Depression is...

Depression is...

- Abnormal

Depression is...

- Abnormal
- Meaningless

Depression is...

- Abnormal
- Meaningless
- Individual

For everything there is an appointed time,
and an appropriate time for every activity
on earth:

A time to be born, and a time to die;
a time to plant, and a time to uproot what
was planted;

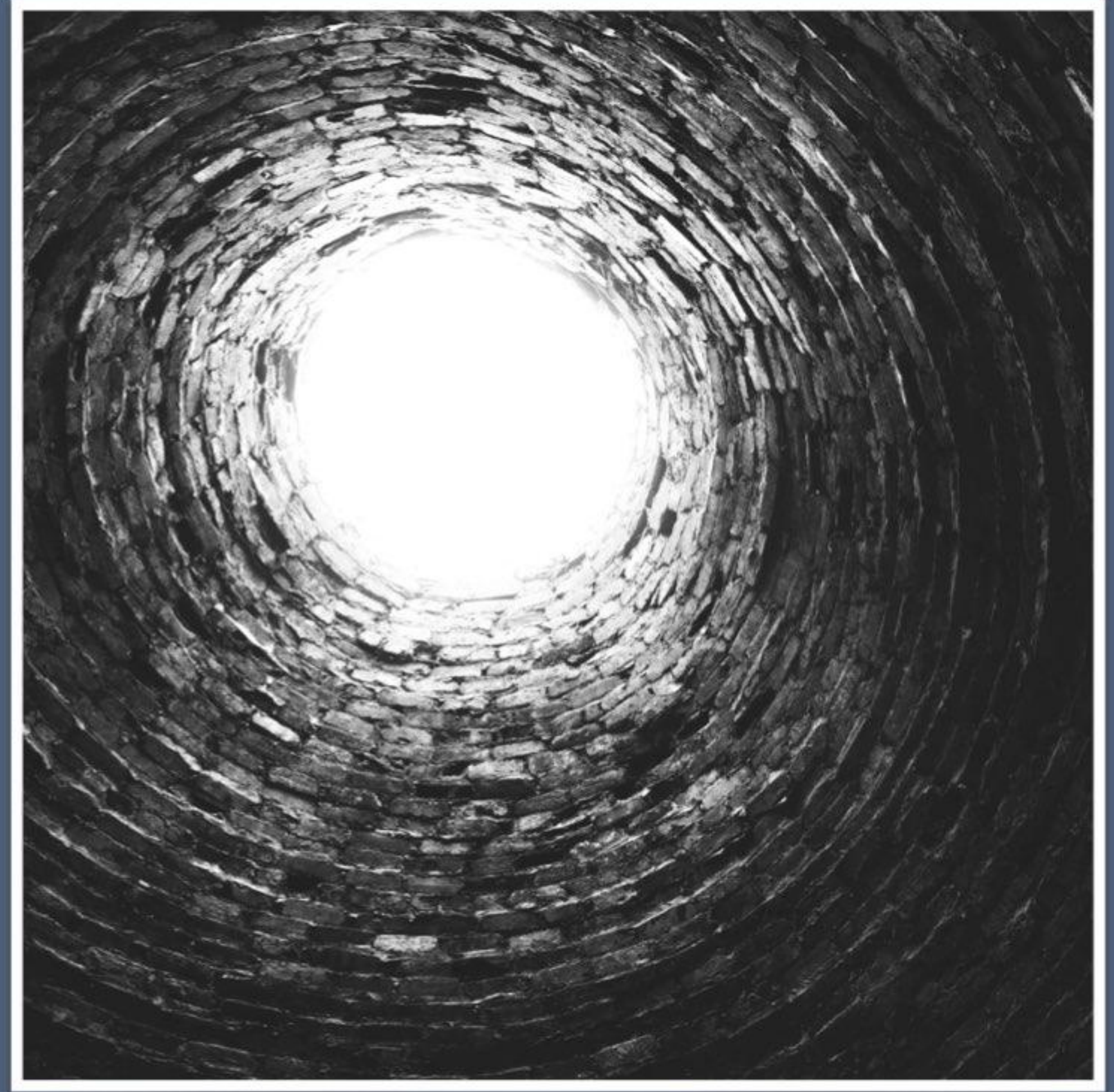
A time to kill, and a time to heal;
a time to break down, and a time to build up;
A time to weep, and a time to laugh;
a time to mourn, and a time to dance.

- Ecclesiastes 3:1-4, NET



“So I loathed life
because what
happens on earth
seems awful to me;”

- Ecclesiastes 2:17 NET





“You place me in the lowest regions of
the pit,
in the dark places, in the watery depths.
Your anger bears down on me,
and you overwhelm me with all your
waves.”

- Psalm 88:6-7, NET

“I am deprived of peace;
I have forgotten what happiness is.
So I said, ‘My endurance has
expired;
I have lost all hope of deliverance
from the LORD.’”

- Lamentations 3:17-18 NET





“Blessed are you who
weep now, for you will
laugh.”

- Luke 6:20-23, NET

“For we know that the whole creation groans and suffers together until now. Not only this, but we ourselves also, who have the firstfruits of the Spirit, groan inwardly as we eagerly await our adoption, the redemption of our bodies.”

- Romans 8:22-23, NET



“For we know that the whole creation groans and suffers together until now. Not only this, but we ourselves also, who have the firstfruits of the Spirit, groan inwardly as we eagerly await our adoption, the redemption of our bodies. *For in hope we were saved.*”

- Romans 8:22–24, NET



“We also rejoice in sufferings, knowing that suffering produces endurance, and endurance, character, and character, hope. And hope does not disappoint.”

- Romans 5:3–5, NET



Depression and Hope

“I am deprived of peace;
I have forgotten what happiness is.
So I said, ‘My endurance has
expired;
I have lost all hope of deliverance
from the LORD.”

- Lamentations 3:17-18 NET





“For the Lord disciplines the one he loves
and chastises every son he accepts.’
Endure your suffering as discipline; God
is treating you as sons. For what son is
there that a father does not discipline?”

- Hebrews 12:6–7, NET

Depression and Hope and Faith

“For we know that the whole creation groans and suffers together until now. Not only this, but we ourselves also, who have the firstfruits of the Spirit, groan inwardly as we eagerly await *our adoption*, the redemption of our bodies. For in hope we were saved.”

- Romans 8:22–24, NET





“Each of you should be
concerned not only about
your own interests, but
about the interests of others
as well.”

- Philippians 2:4

Depression and Hope, Faith and Love