

Lesson 18, Part 1: Depression

Two-week overview:

1. Defining Terms and Categories
2. Various Factors Leading to Depression
3. Is There Hope?
4. Overcoming Depression
5. When Do I Need to See a Doctor for Depression?
6. What to Expect at a Doctor's Visit

I. Defining Terms and Categories

A. Terms within Depression

1. Depression in our vernacular:
2. Depression in the Bible:

B. Categorizing Depression

1. Three-category method:

- a. Mild depression: _____ or _____ (John 11:33, 35; 1 Thess 4:13; 1 Pet 1:6).

Summary Statement:

- b. Moderate depression: deep _____ or _____ (Pss 42, 73).

Summary Statement:

- c. Severe depression: The belief that there is no _____, that moving forward is _____, and that _____ is now an appealing alternative (1 Ki 19:3–10; Ps 38; 2 Cor 4:8–9).

Summary Statement:

2. Two-category method:

- a. _____
- b. _____ and _____

II. Various Factors Leading to Depression**A. Living in a sin-cursed world (Rom 8:22)**

1. Misery from the fallen nature (death, sickness, natural disasters, etc.)
2. Misery from the fallen man

B. Lack of knowledge of God and the gospel**C. Thinking justification and sanctification are synonyms**

1. Justification: an _____ legal act of God (alone) in which He _____ that we are no longer deemed guilty under his law but are forgiven and counted righteous in His sight.
 - Speaks to God's declaration _____ the sinner.
2. Sanctification: an _____ work of God (with our cooperation) that _____ us more and more free from sin and like Christ.
 - Speaks to God's work _____ the sinner.

D. Disconnect between faith and practice**E. Unbalanced walk****F. Unconfessed sin (Ps 32:2-3; Ps 51; Matt 5:23-24; 1 Pet 3:7)****G. That one sin****H. The sense of a wasted life****I. The attacks of Satan****J. Biblical self-examination has morphed into self-focus****K. Physical affliction****L. Unknown**

III. Is There Hope?

A. Hope defined: Biblical hope is a confident expectation of future blessing, based on the _____ and _____ of God, _____!

B. Hope illustrated:

Land Anchor

Sea Anchor

C. Hope promised:

1. Matthew 11:28–30: What does Jesus promise for those who turn to him?
_____.
2. Romans 8:26–39: God works in your trouble, _____. His love for you will never change.

D. Hope exemplified:

1. Lamentations 3: Recall God's _____.
2. Psalms 42 & 43: Stop _____ to yourself and instead _____ to yourself.
3. 2 Corinthians 4: Seek that which is _____, namely, what God is doing *in the midst* of your suffering.

Recommended books:

Spiritual Depression: Its Causes and Cure, Martin Lloyd-Jones

Looking Up from the Stubborn Darkness, Ed Welch

Out of the Blues, Wayne Mack

Trusting God, Jerry Bridges

Will Medicine Stop the Pain?, Laura Hendrickson, M.D. and Elyse Fitzpatrick,