



Depression

Depression Symptoms

If you identify with several of the following signs and symptoms, and they just won't go away, you may be suffering from clinical depression.

- you can't sleep or you sleep too much
- you can't concentrate or find that previously easy tasks are now difficult
- you feel hopeless and helpless
- you can't control your negative thoughts, no matter how much you try



Depression Symptoms

- you are much more irritable, short-tempered, or aggressive than usual
- you're consuming more alcohol than normal or engaging in other reckless behavior
- you have thoughts that life is not worth living



Signs and symptoms of depression include:

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability



Signs and symptoms of depression include:

- Loss of energy
- Self-loathing
- Reckless behavior
- Concentration problems
- Unexplained aches and pains



Depression and Suicide

- Depression is a major risk factor for suicide.



Depression and Suicide

Warning Signs

- Talking about killing or harming one's self
- Expressing strong feelings of hopelessness or being trapped
- An unusual preoccupation with death or dying
- Acting recklessly, as if they have a death wish (e.g. speeding through red lights)



Depression and Suicide

Warning Signs

- Calling or visiting people to say goodbye
- Getting affairs in order (giving away prized possessions, tying up loose ends)
- Saying things like “Everyone would be better off without me” or “I want out”
- A sudden switch from being extremely depressed to acting calm and happy

Faces of Depression

- Depression often looks different in men and women, and in young people and older adults. An awareness of these differences helps ensure that the problem is recognized and treated.



Depression in Men

Men tend to:

- Complain about fatigue
- Irritability
- Sleep problems
- Loss of interest in work and hobbies
- Anger
- Aggression



Depression in Men

- Violence
- Reckless behavior
- Substance abuse



Depression in Women

Women tend to:

- experience pronounced feelings of guilt
- sleep excessively
- overeat, and gain weight



Depression in Teens

Teens tend to:

- irritability—rather than depression—is frequently the predominant symptom in depressed adolescents and teens. A depressed teenager may be hostile, grumpy, or easily lose his or her temper. Unexplained aches and pains



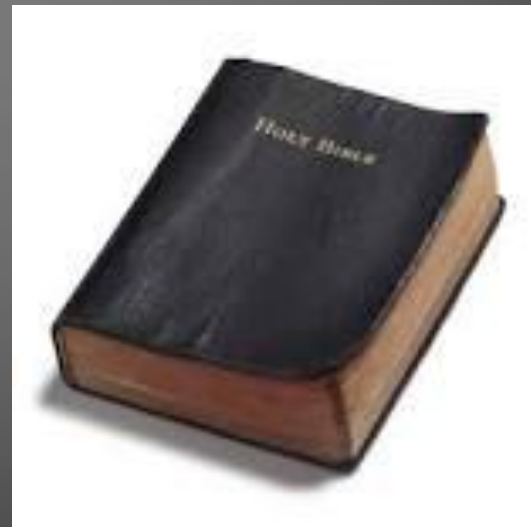
DEPRESSION

- Everyone at sometime or another experiences depression
- Depression is like a rocking chair, it will give you something to do, but will not get you anywhere.



DEPRESSION

- **Matt. 10:30** Even all the hairs on your head are numbered.
- **Matt. 5:36** Do not take an oath by your head, because you are not able to make one hair white or black.



Understanding the problem

- **What is depression?**
- **Depression is fretting over the past**
- **It primarily has to do with what has happened in the past or near past**
- **It may be mild or severe**



WHAT CAUSES DEPRESSION

- Real or imagined threats to our well-being
- A feeling of vulnerability and inadequately protected against these threats
- Threats such as social rejection, physical injury or disease, poverty, death, and a wide range of other threats



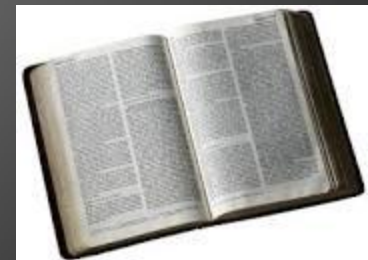
WHAT CAUSES DEPRESSION

- There are three main elements
 - **Insecurity:** something bad is going to happen
 - **Helplessness:** there is nothing I can do
 - **Isolation:** there is no one to help me
- These causes may operate individually or in various combinations emotionally, they cause just as much problem as if they are imagined as if they were real



EXAMPLES OF DEPRESSION

- **Judas** MATT. 26:47-50 While he was still speaking, Judas, one of the twelve, arrived. With him was a large crowd armed with swords and clubs, sent by the chief priests and elders of the people. ⁴⁸ (Now the betrayer had given them a sign, saying, “The one I kiss is the man. Arrest him!”) ⁴⁹ Immediately he went up to Jesus and said, “Greetings, Rabbi,” and kissed him. ⁵⁰ Jesus said to him, “Friend, do what you are here to do.” Then they came and took hold of Jesus and arrested him.



EXAMPLES OF DEPRESSION

- **DEPRESSION:**
- **Judas Matt. 27:3-5** Now when Judas, who had betrayed him, saw that Jesus had been condemned, he regretted what he had done and returned the thirty silver coins to the chief priests and the elders, ⁴ saying, “I have sinned by betraying innocent blood!” But they said, “What is that to us? You take care of it yourself!” ⁵ So Judas threw the silver coins into the temple and left. Then he went out and hanged himself.



OVERCOMING THE PROBLEM

- **TRUST IN GOD**

- The best remedy is to deal with the problem's causes, not just its symptoms



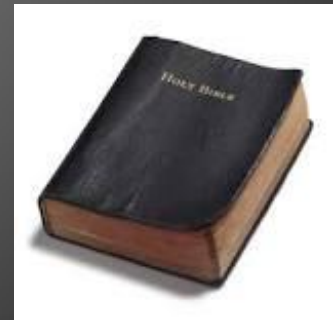
OVERCOMING THE PROBLEM

- What is the truth about insecurity, helplessness, and isolation with regard to the Christian?
 - While the Christian may feel insecure, the reality is that s/he is very secure
 - **Proverbs 3:21-26** My child, do not let them escape from your sight; safeguard sound wisdom and discretion. ²² So they will give life to you, and grace to adorn your neck. ²³ Then you will walk on your way with security, and you will not stumble. ²⁴ When you lie down you will not be filled with fear; when you lie down your sleep will be pleasant. ²⁵ You will not be afraid of sudden disaster, or when destruction overtakes the wicked; ²⁶ for the LORD will be the source of your confidence, and he will guard your foot from being caught in a trap.



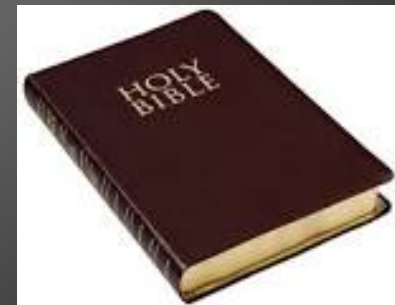
OVERCOMING THE PROBLEM

- What is the truth about insecurity, helplessness, and isolation with regard to the Christian?
 - While the Christian may feel insecure, the reality is that he is very secure
 - **Hebrews 4:16** Therefore let us confidently approach the throne of grace to receive mercy and find grace whenever we need help.



OVERCOMING THE PROBLEM

- What is the truth about insecurity, helplessness, and isolation with regard to the Christian?
 - While the Christian may feel helpless, the reality is that he has great help –
 - **Rom 8:31** What then shall we say about these things? If God is for us, who can be against us?
 - **Ps 27:5** He will surely give me shelter in the day of danger; he will hide me in his home; he will place me on an inaccessible rocky summit.



OVERCOMING THE PROBLEM

- What is the truth about insecurity, helplessness, and isolation with regard to the Christian?
 - While the Christian may feel isolated, the reality is that **God is always at his side**
 - **Ps 23:4** Even when I must walk through the darkest valley, I fear no danger,
for you are with me; your rod and your staff reassure me.
 - **Mt 28:20** teaching them to obey everything I have commanded you. And remember, I am with you always, to the end of the age.”
 - **Heb 13:5-6** ...*“I will never leave you and I will never abandon you.”* ⁶
So we can say with confidence, *“The Lord is my helper, and I will not be afraid. What can people do to me?”*
- The more we learn about God, **the more we know His infinite power** and His concern for us –
 - **1 Pet 5:6,7** - And God will exalt you in due time, if you humble yourselves under his mighty hand ⁷ by casting all your cares on him because he cares for you.

TAKE THESE PRACTICAL STEPS

- **1. Read the Bible**

- **Rom 15:4** For everything that was written in former times was written for our instruction, so that through endurance and through encouragement of the scriptures we may have hope.



TAKE THESE PRACTICAL STEPS

- **2. Be Realistic**

- Peace of mind does not depend on solving all the problems, righting all the wrongs, removing all the imperfections, or getting all we want - cf.
- **Ecc 8:16-17** When I tried to gain wisdom and to observe the activity on earth even though it prevents anyone from sleeping day or night ¹⁷ then I discerned all that God has done: No one really comprehends what happens on earth. Despite all human efforts to discover it, no one can ever grasp it. Even if a wise person claimed that he understood, he would not really comprehend it.
- Some things will not change and we need to be realistic enough to accept that
 - 1) There are problems that have no solutions
 - 2) There are situations that must simply be lived through
 - 3) The art of being wise is the art of knowing what to overlook (William James) - cf. **Prov 19:11** A person's wisdom makes him slow to anger, and it is his glory to overlook an offense.

TAKE THESE PRACTICAL STEPS

- **2. Be Realistic**

- We must learn to let go of some problems and allow the Lord to be in charge of them
- **1Pet 5:7** ...casting all your cares on him because he cares for you.
- **Prov 3:5,6** Trust in the LORD with all your heart, and do not rely on your own understanding. ⁶ Acknowledge him in all your ways, and he will make your paths straight.



BE FLEXIBLE

- Change is inevitable; we have got to be resilient, adaptable, adjustable
 - **Phil 4:11-12** I am not saying this because I am in need, for I have learned to be content in any circumstance. ¹² I have experienced times of need and times of abundance. In any and every circumstance I have learned the secret of contentment, whether I go satisfied or hungry, have plenty or nothing.

LEARN TO LIVE ONE DAY AT A TIME

- Matt. 6:34 So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.



Stay busy (Famous Quotes)

Ralph Waldo Emerson

- Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night
- Much good can be accomplished, even in adverse circumstances, if we will quit concentrating on what cannot be done and do what CAN be done
- Don't waste time in doubts and fears; spend yourself in the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it
- There is no tranquilizer as effective as the knowledge that we have done our best and there is no pillow as soft as a good conscience

CONCLUSION

- 1. The Christian is given the means to deal with depression...
- Peace that comes through prayer **Phil 4:6-7**
- Reassuring confidence from trusting in God **Ps 23:1-6**
- **Make use of the tools God has given us**

