

Depression and the Christian



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Bible Characters and Depression

- Cain (Gen. 4:6-7).



Bible Characters and Depression

- Moses (Num. 11:10-16).



Bible Characters and Depression

- Jonah (4:1-11).



Bible Characters and Depression

- Elijah (1 Kings 19:1-18).



Bible Characters and Depression

- David (2 Sam. 12:10ff).



Bible Characters and Depression

- Job.



Others

- King Saul (1 Sam. 16:14-23)
 - Depression? Music helped.
- Ahab (1 Kings 21:4).
 - Vexed. Laid on his bed. Turned face to wall. Would not eat. Spirit was sullen.
- Jeremiah and Lamentations
- Judas (Matt. 27:3ff).
 - Committed suicide.
- Peter (Matt. 26:75).
 - Preached to others.
- Paul (2 Cor. 11:23-29).
 - Persecutor. Murderer. Turned sufferer for the cause.



Jesus

Lk. 13:34-35; Matt. 26:38; Mk. 14:33ff; Lk. 22:39-46

- Grief over rejection of the grace of God.
- In the Garden of Gethsemane.
- Scourging and crucifixion.
- “Learned obedience from the things He suffered” (Heb. 5:8).

What is Depression?

- Sadness is a normal reaction to life's struggles, setbacks, and disappointments.
- Depression is **different** from normal sadness by:
 - Engulfing your day-to-day life,
 - Interfering with your ability to work, study, eat, sleep, and have fun.
- The feelings of helplessness, hopelessness, and worthlessness are intense and unrelenting, with little, if any, relief.

Common Signs and Symptoms

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Self-loathing
- Reckless behavior
- Concentration problems
- Unexplained aches and pains



Changes in behavior and thinking

- These may include:
 - General slowing down
 - Neglect of responsibilities and appearance
 - Poor memory
 - Inability to concentrate or think clearly
 - Suicidal thoughts, feelings, or behaviors
 - Difficulty making decisions
 - Negative attitude and outlook

Depression in teens

- Some appear sad – most appear irritable
- Poor performance in school
- Withdrawal from friends and activities
- Anger/rage
- Overreaction to criticism
- Suicidal thoughts
- Poor self-esteem or guilt
- Substance abuse or acting out to avoid feelings



Not All Depression is the Same – 9 Types

- Major Depression
- Dysthymia
- Post Partum Depression
- Seasonal Affective Disorder
- Atypical Depression
- Psychotic Depression
- Bi-Polar Depression (Manic/Depressive)
- Premenstrual Dysphoric Disorder
- Situational Depression



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Risk factors

- Loneliness
- Lack of social support
- Recent stressful life experience
- Family history
- Early childhood trauma/abuse
- Substance abuse
- Health problems or chronic pain

Strategies...

- *Challenge negative thoughts*
 - Write down your worries
 - Create an anxiety worry period
 - Accept uncertainty
- *Take care of yourself*
 - Practice relaxation techniques
 - Adopt healthy eating habits
 - Exercise regularly
 - Get enough sleep

Strategies

- Spend time in “the word”
- Pray
- Surround yourself with a network of helpers
- James 5 tells us to send for the elders
- Develop an SOS plan for moments of weakness and when your best thinking is not so great

Suicide warning signs

- Risk-taking behavior
- Self-mutilating behavior (sometimes)
- A suicide plan
- Significant change in behavior
- Previous suicide attempts
- Significant loss
- Chemical (drug or alcohol) abuse

Link between anxiety and depression

- Anxiety and depression are believed to stem from the same biological vulnerability
- They often go hand in hand
- Depression can make anxiety worse (and vice/versa)
- Important to recognize both conditions

Then, depending on the cause

- If the cause is sin, address it
- If it is in response to a life situation, seek options and solutions if it can be changed
- If it cannot be changed, accept it with grace and faith that God will work it for your good
- If the resolution is a delayed process, be patient and wait on Jehovah
- As always, your job is just to do the next right thing.

HOPE AND HELP



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