

Transforming Life 2

Biblical counseling services of Nashville

Week Five & Six: Depression 1 & 2

INTRO

Def.: An ongoing, reoccurring debilitating mood, attitude or feeling of hopelessness and/or _____. Can be accompanied by extreme fatigue; impaired concentration; feelings of worthlessness or guilt; and occasionally suicide ideation. These are the reasons why they are not responding in life.

The Difference between Depression and Discouragement is _____.

Declaring that someone has a diagnosed illness called 'Depression' which consigns them to a lifetime of medications, removes all _____.

Why is depression considered an _____ by so many 'professionals'?

- A. Because, people who suffer from it _____ on an ongoing basis, want _____, and are unable to find it on their own.
- B. Because, when they consult a doctor he is typically able to prescribe medications that make them _____ better.
- C. Because, finding a source for their predicament other than holding them responsible in any way is _____.

CONCLUSION: The Biblical Counselor is unqualified to help.

Why depression should _____ be considered an illness:

- A. Because, being made to feel better does not _____ causality.
- B. Because, in the majority of cases, no measurable, clinical, verifiable proof exists that some thing is wrong with the _____.
- C. Because, chemical imbalance is a _____; not a proven fact.

CONCLUSION: The Biblical Counselor is qualified to help.

- I. Depression is most likely due to a _____ condition than a “chemical imbalance” or a true, verifiable medical condition (e.g., hypothyroidism).
- II. Occasional bouts of despair and hopelessness are part of living and struggling in a _____ world. (2 Cor 1:8)
- III. We have come to believe that we have the ‘_____’ to feel good.

And, if we do not feel well there must be something _____ wrong for which I am then allowed a reasonable expectation to have resolved by the medical and pharmaceutical industries.

If not, I cannot be held _____ for not fulfilling my obligations in life.

Bottom line: _____ become the basis and justification for actions or inaction.

- IV. Some bone fide medical conditions that can _____ depression (testable):

- A. Hypothyroidism
- B. Brain Tumor
- C. Sleep Apnea
- D. Adrenal Insufficiency
- E. Hypoglycemia
- F. Anemia
- G. Meningitis/Encephalitis
- H. Stroke
- I. Diabetes
- J. Parkinson's Disease
- K. Multiple Sclerosis
- L. Lupus
- M. Hepatitis

THE _____ OF DEPRESSION

V. Depression occurs when we _____ in an ungodly way to wicked, difficult, challenging or sinful circumstances.

David: Ps. 38:1-11

VI. The Example of _____
Genesis 4:1-14; cp Prov. 5:21-23

VII. The Example of _____
1 Kings 19

VIII. The Example of _____
1 Kings 21

IX. The Example of _____
Jonah 4:1-11

X. The Example of _____
Matthew 26:69-75

XI. The Example of _____
Matthew 27:1-5

XII. Biblical principles for unwinding the spiral:

1. Fulfill responsibilities regardless of how you _____.
Jn. 14:15; 13:17; Mt. 7:21; Jas. 1:22

The goal is not to “feel” better—it is to respond _____.

The goal is to _____ God, not alleviate symptoms.

In order to have real victory, they must live by God’s _____, not feelings.

2. Change your _____.
2 Cor. 10:3-5; Phil. 4:8-9

3. Find biblical _____.
2 Tm. 3:16-17; 2 Pe. 1:3-5
4. Exercise good stewardship of your _____.
1 Cor. 6:12-20
5. Strive to live a _____ life.
1 Cor. 9:24-27; 1 Tm. 4:7
6. There is always _____.
1 Cor. 10:13; 1 Pe. 1:3-5

Victor or Victim – the choice is yours.

Recommended Resources for Further Study:

- Adams, Jay. "What Do You Do When You Become Depressed" (pamphlet)
- Mack, Wayne. "Out of the Blues" (book)
- Adams, Jay. "Godliness Through Discipline" (booklet)
- "Deceptive Diagnosis" David Tyler & Kurt Grady (book)