

# Depression



Christ Church  
HAYWARDS HEATH

# Definitions and causes

- The medical term depression refers “to a range of medical health conditions with a common thread of persistent low mood.”
- Continuum of severity from:
  - situational depression to clinical depression.



# Symptoms:

- “Feeling low or sad most of the day and losing interest in life.”
- Other things may include:
  - Anxiety or panic problems
  - loss of appetite or weight
  - difficulty thinking clearly
  - not coping with things that normally would be manageable
  - feeling tired all the time



- Sleep problems - ranging from not being able to sleep, to waking early in the morning, to sleeping too much
- Feeling worthless or guilty
- Recurrent thoughts of death & dying
- Irritability or anger
- Feeling restless or agitated
- Crying easily
- Introspection
- Over-sensitivity or heightened paranoia
- Seeing everything through a negative filter
- Feeling hopeless about the future



- Avoiding being with other people
- Aches and pains that do not have another cause - for example, headaches, muscle aches and bowel symptoms.



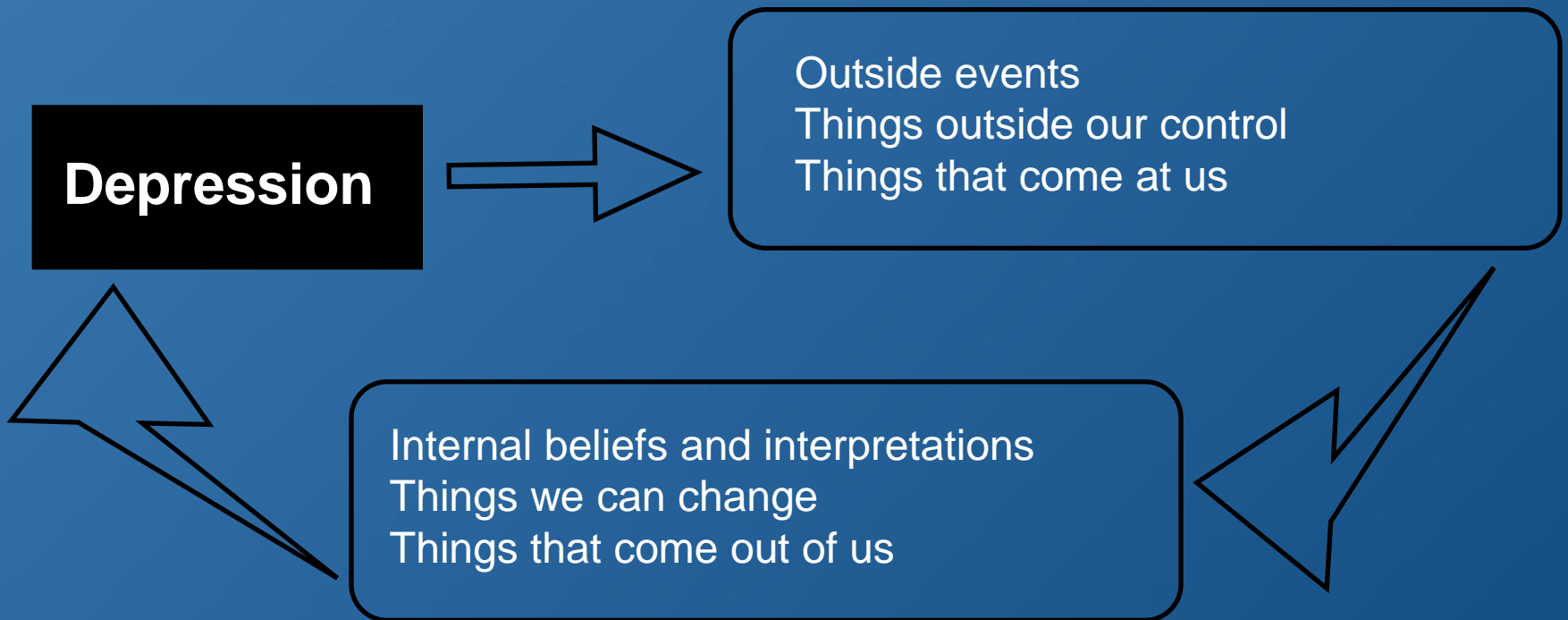
# Why?

- No-one really knows!
  - Biology?
  - Circumstances?
- Two dangers to avoid though!
  - Depression is purely medical
  - Depression is purely spiritual



# The Heart of Depression

– Listening to what depression might say about our hearts.



# Outside events

- Other people
- Adam and the curse of our creation
- Satan
- **Necessary but not Sufficient**



# Internal beliefs & interpretations

- “Things don’t simply happen to us. When they do we respond with an immediate interpretation of their meaning and significance. We filter the event through our view of God others and ourselves that we have been developing throughout our lives”



# Internal beliefs & interpretations

- Heart Defined
- Hearts out of kilter
- The Heart unveiled



# Internal beliefs & interpretations

- Heart unveiled cont:
  - What do you love? What do you hate?
  - What do you want, crave, hope for?
  - What is your goal?
  - What do you fear?
  - What do you worry about?
  - What do you feel like you need?
  - Where do you find refuge, comfort, pleasure or security?



- Heart unveiled cont:
  - Who are your heroes and role models?
  - what defines success or failure for you?
  - When do you say, “if only...”?
  - What do you see as your rights?
  - What do you pray for?
  - What do you talk about?
  - What are your dreams or fantasies?
  - When do you get angry?
  - What do you tend to doubt about scripture?



# Internal beliefs & interpretations

- What will the heart reveal?
  - Fear
  - Anger
  - Dashed hopes
  - Failure and shame
  - Guilt and legalism



# Internal beliefs & interpretations

- This unveiling MIGHT reveal things in our hearts that have contributed to the depression itself.
- BUT there is no way to be certain that our hearts are the primary cause of our depression, but when we work on the issues that depression reveals, the pain can sometimes lift because we have found one of its causes.



# Medication

- Following scripture's lead, matters of the heart are the priority. [1 Tim 4:8]
- The heart is the real battleground during suffering.
- However...we are a seamless interconnection of physical and spiritual, your physical body can respond to your spiritual growth and in depression it usually does.



# Medication

- Antidepressants - change the physical experience of depression.
- They will NOT give you hope, but they might make you feel less miserable.
- Physical treatments are able to change physical symptoms BUT they are only able to change physical symptoms.



# Medication

- Things to be aware of:
  - Side effects
  - Long-term use
  - Cause one to forget heart issues!
  - Give false hope



# Interview with Jim!



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# Discussion questions

- Think through any questions, comments you might want to ask about what has been said.
- Then think about how as individuals we help those who are depressed, what can we do, what would be helpful in light of what we have discussed tonight. [see sheets for suggestions!]



# Caring for the depressed

- Love
- Pray
- Seek to understand
- Daily reminders of spiritual realities
- Persevere
- Work together
- Interrupt as needed
- Help people to see hope



# For those suffering

- Remember depression is suffering
- SEEK help both with the physical issues and HEART issues.
- Begin to speak to yourself rather than listen to yourself.
- Have people who will remind you of the bigger picture of God's kingdom
- Force yourself to read scripture and listen to it.



# Resources

- Depression - Ed Welch
- Dealing with Depression - Collins & Haynes
- Spiritual Depression - Lloyd-Jones
- D is for Depression - Michael Lawson
- When the darkness will not lift - Piper

