

## How Christians Deal with Depression 6-30-14 AM

I. Once we come to Christ, will we see the end of sorrows?

- A. NO! Paul sorrowed, other apostles sorrowed
- B. There are three common causes of depression
  - 1. Environmental
  - 2. Behavioral
  - 3. Chemical
- C. The Bible references all of these

II. Environmental

A. King David suffered from his enemies

Psalms 13:1 How long, O LORD? Will You forget me forever? How long will You hide Your face from me?  
2 How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me?  
3 Consider and hear me, O LORD my God; Enlighten my eyes, Lest I sleep the sleep of death;

B. Solution: He constantly turned to God in prayer

- 1. Talk to God about suffering

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- 2. Talk to someone about suffering

Ga 6:2 Bear one another's burdens, and so fulfill the law of Christ. 3 For if anyone thinks himself to be something, when he is nothing, he deceives himself.

- 3. Let God talk to you

Ps 119:50 This is my comfort in my affliction, That Your word has revived me.

- 4. Remember that this shall pass

Revelation 21:4 "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

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III. Behavioral

A. Uncontrolled emotions

Ge 4:5 but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. 6 So the LORD said to Cain, "Why are you angry? And why has your countenance fallen? 7 "If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it."

B. Guilt of Sin

Ps 38:17 For I am ready to fall, And my sorrow is continually before me. 18 For I will declare my iniquity; I will be in anguish over my sin.

C. Consequences of Sin

Pr 22:8 He who sows iniquity will reap sorrow, And the rod of his anger will fail.

D. Chemical Addictions

Pr 23:29 Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has wounds without cause? Who has redness of eyes? 30 Those who linger long at the wine, Those who go in search of mixed wine.

E. Answer

2Co 7:9 Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. 10 For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.

#### IV. Chemical

A. Our mental health is much like our physical health

1. We need to take care of ourselves I Tim 5:23
2. God told Cain – Satan is waiting at your door

B. Consider that the Bible records what may be the first bi-polar disorder in King Saul

1. An Evil spirit ..... Terrorized Saul (I Sam 16:14)
2. A Harpist was sought out to make him well (I Sam 16:16-23), when the harpist played, Saul was refreshed and better
3. Saul treated his condition
  - a. When he did not, what happened

C. An untreated, causeless sorrow can cause great damage

1. Would you ignore a broken leg, or bleeding cut?

D. Solutions

1. Look for help among others
2. Look for help from God
3. Find some good cause to work with

Php 4:4 Rejoice in the Lord always. Again I will say, rejoice! 5 Let your gentleness be known to all men. The Lord is at hand. 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Ps 116:1 I love the LORD, because He has heard My voice and my supplications. 2 Because He has inclined His ear to me, Therefore I will call upon Him as long as I live. 3 The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow. 4 Then I called upon the name of the LORD: "O LORD, I implore You, deliver my soul!" 5 Gracious is the LORD, and righteous; Yes, our God is merciful.

#### IV. Conclusion

A. Our mental and spiritual condition are important to maintain in good care

1. How else can we serve the Lord with all our mind if it is pre-occupied or hurting

B. A Christian MUST care for their mental well-being

1. Solutions are present.