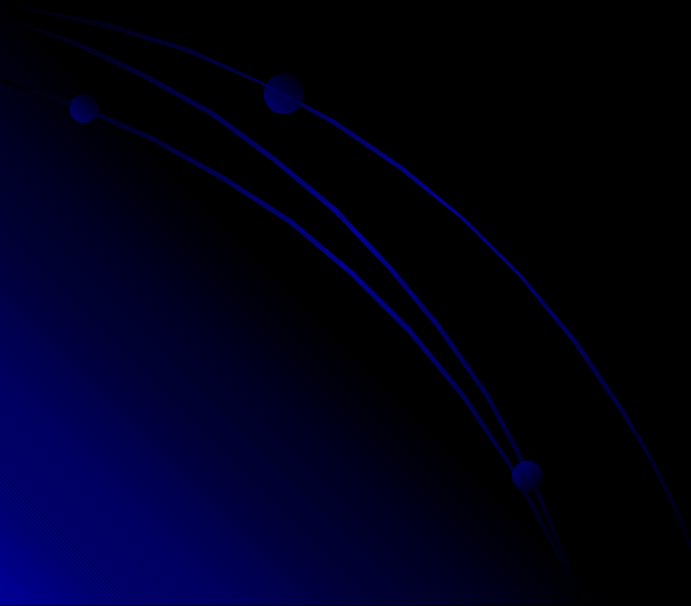
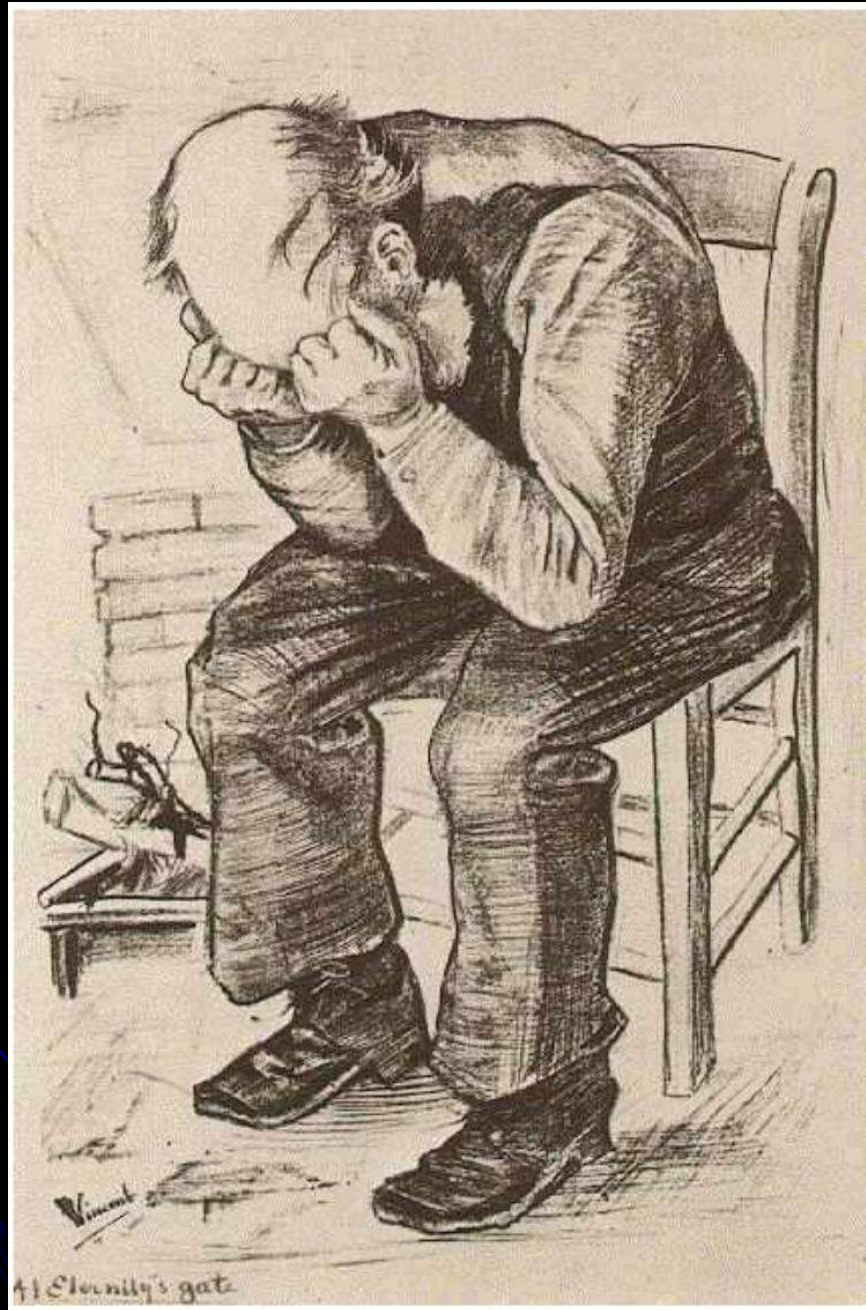


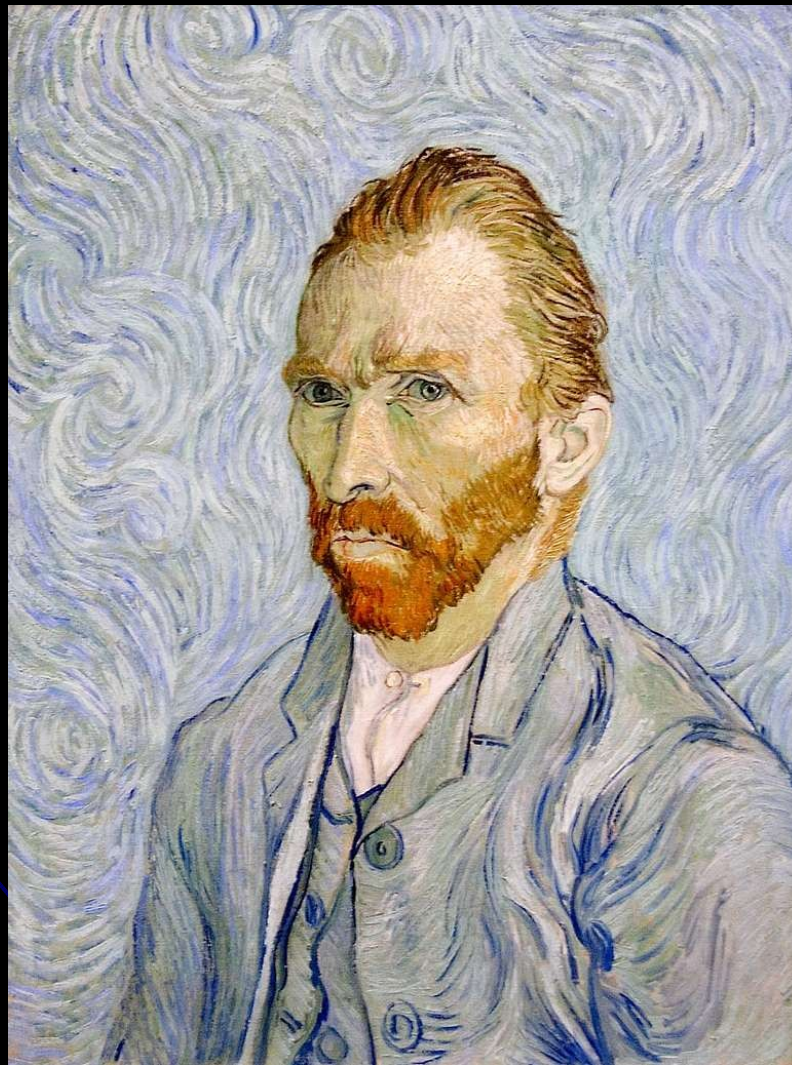
Depression and the Christian





41 Stornily's gate

Vincent Van Gogh



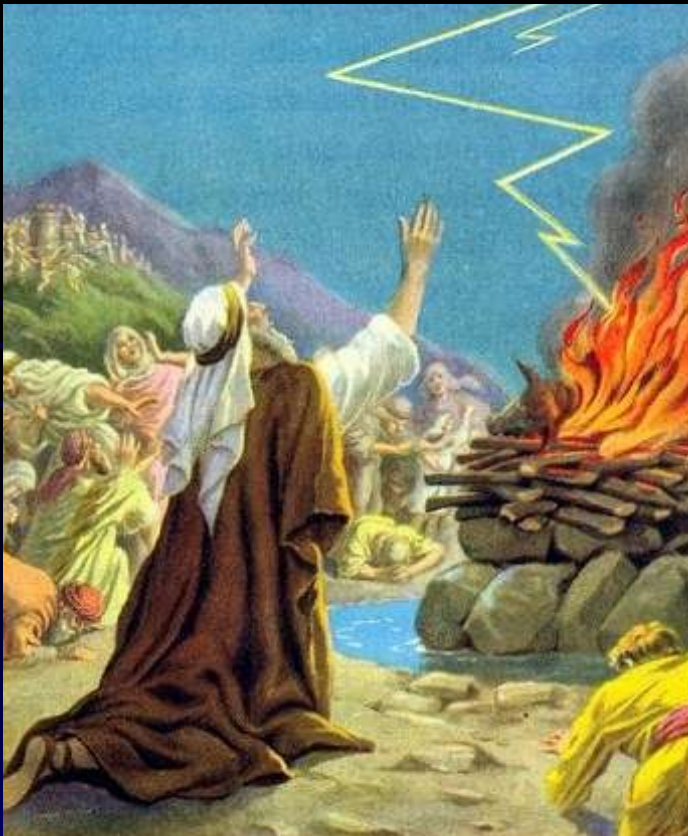
Examples of Depression in the Bible



- Elijah

The prophet Elijah

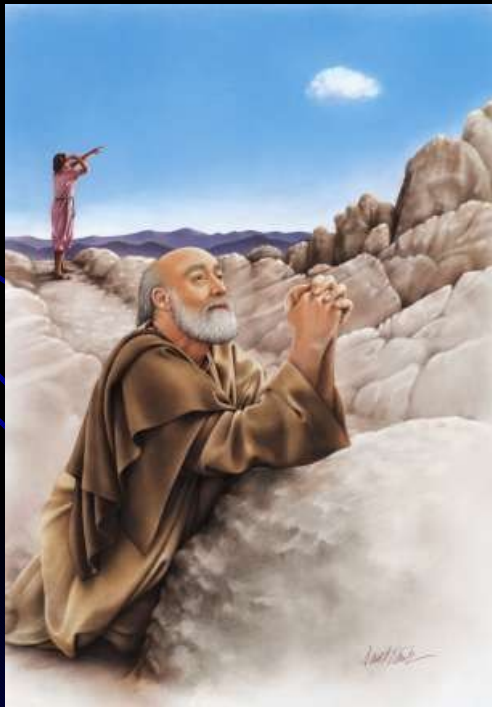
- Duel with 450 Baal prophets (1 King 18: 20-39)



**"The LORD--he is
God! The LORD--he is
God!"**

The prophet Elijah

- Duel with 450 Baal prophets (1 King 18: 20-39)
- The prediction of rain (1 King 18: 41-45)



“the sky grew black with clouds, the wind rose, a heavy rain came”

The prophet Elijah

- Duel with 450 Baal prophets (1 King 18: 20-39)
- The prediction of rain (1 King 18: 41-45)
- Elijah's depression (1 King 19: 3-4)



"Take my life; I am no better than my ancestors."

The prophet Elijah

- Duel with 450 Baal prophets (1 King 18: 20-39)
- The prediction of rain (1 King 18: 41-45)
- Elijah's depression (1 King 19: 3-4)
- God's response (1 King 19: 5-8, 9-18)



God's response

- The angel of God (1 King 19: 5-8)



**The angel of the
LORD came**

God's response

- The angel of God (1 King 19: 5-8)
- God's presence (1 King 19: 9-18)



**I am here and you
are not alone.**

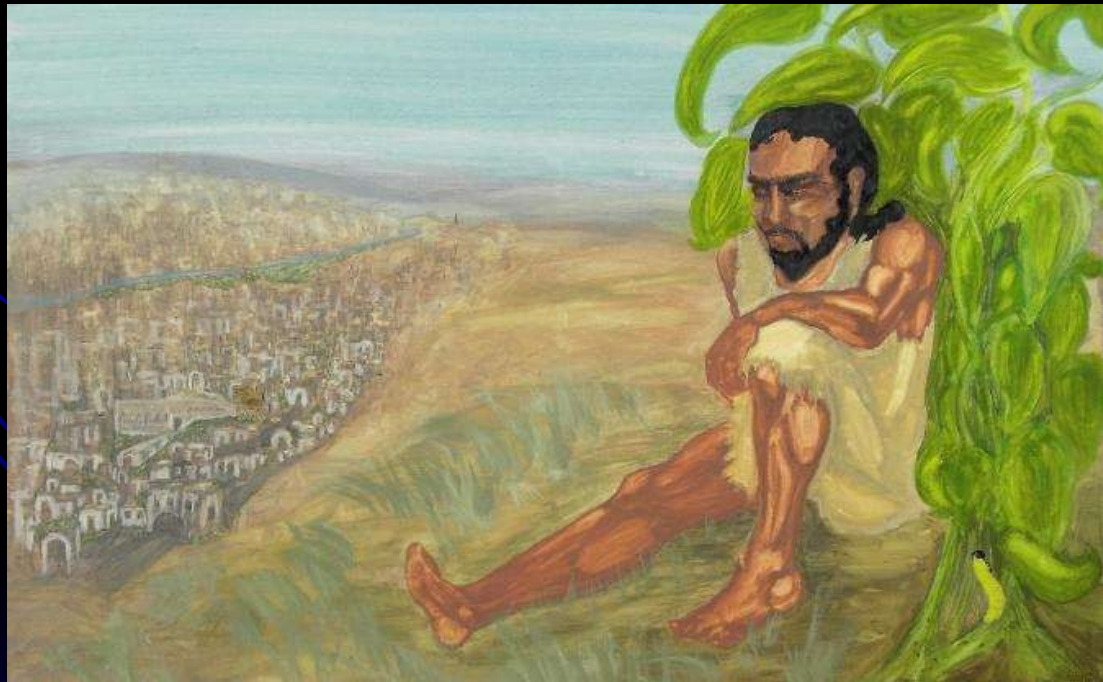
Examples of Depression in the Bible

- Elijah
- Jonah



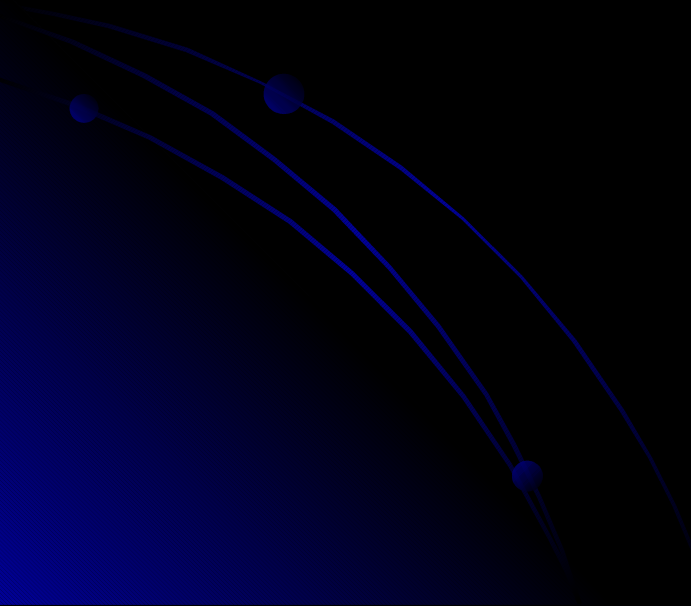
The prophet Jonah

- God's instructions (Jonah 3:4-10)
- Jonah's depression (Jonah 4: 3, 8c)
- God's response (Jonah 4: 10-11)



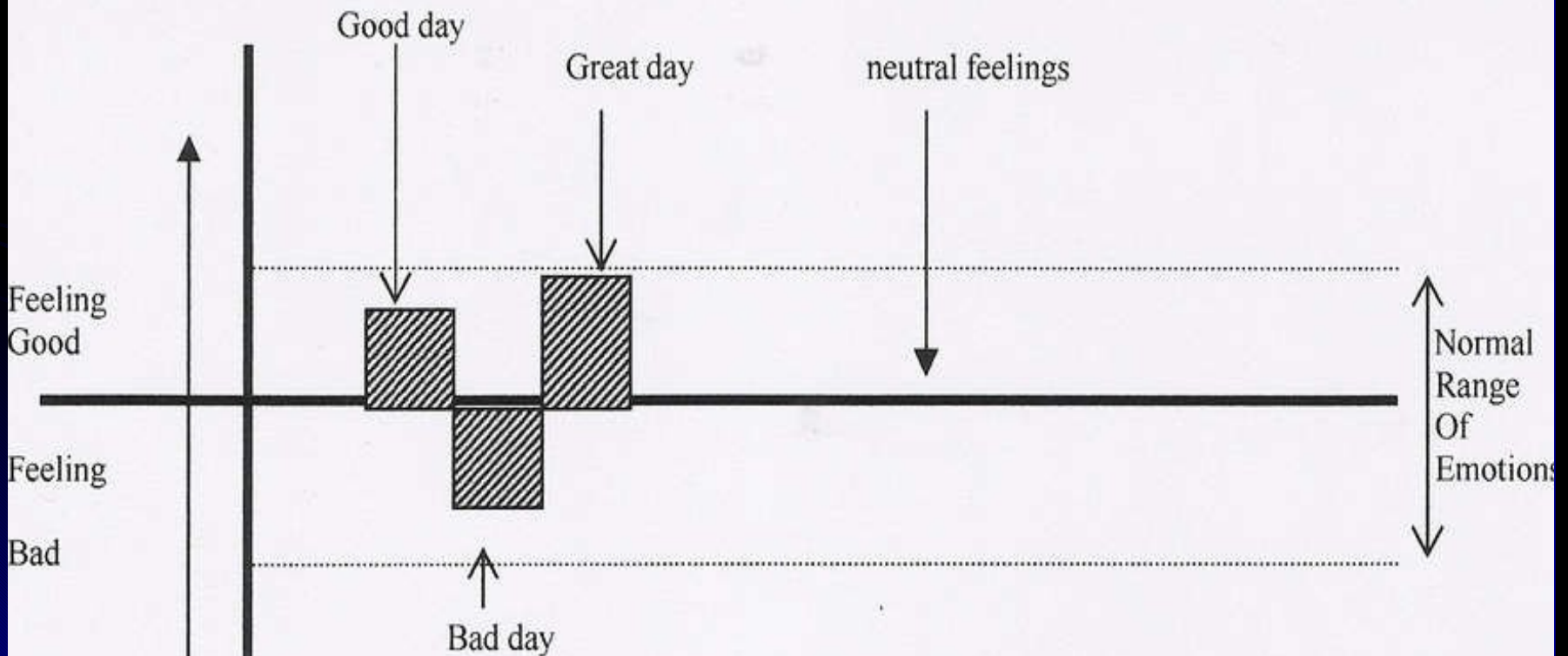
Depression of Elijah and Jonah

- Comes after great service for God
- Even prophets get depressed
- God helps
- Depression improves in response to God



What is depression?

Figure 1 : The feelings of a 'normal' person



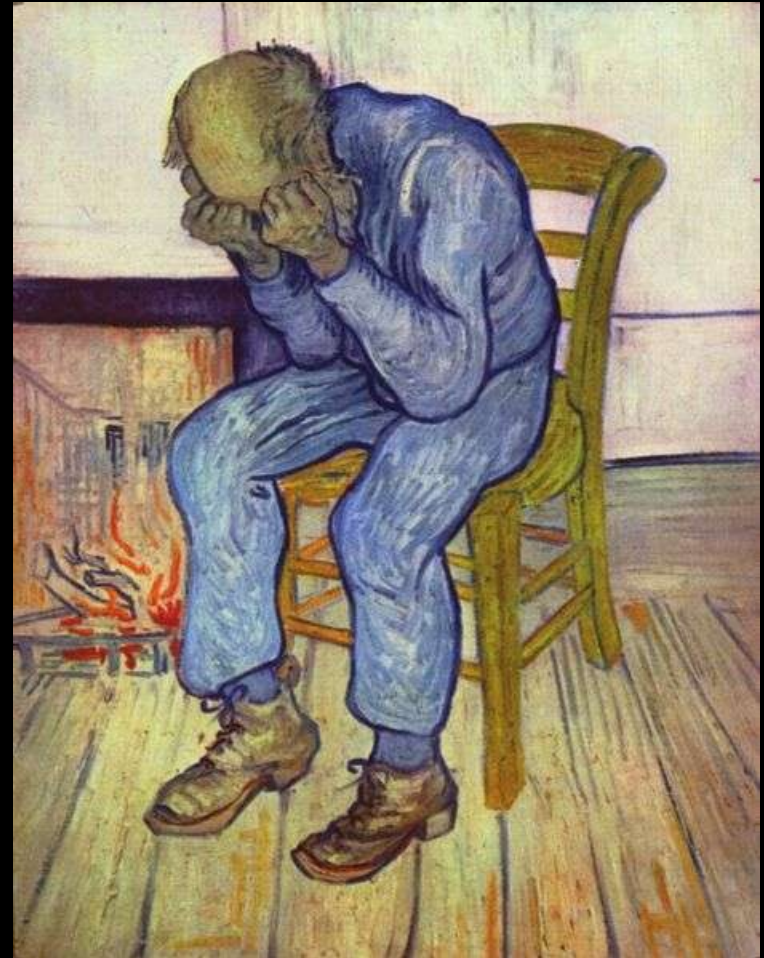
Types of depression

- Reactive depression
 - Temporary
 - Disappear with distractions
 - Do not interfere with daily life



Types of depression

- Reactive depression
- Major depression



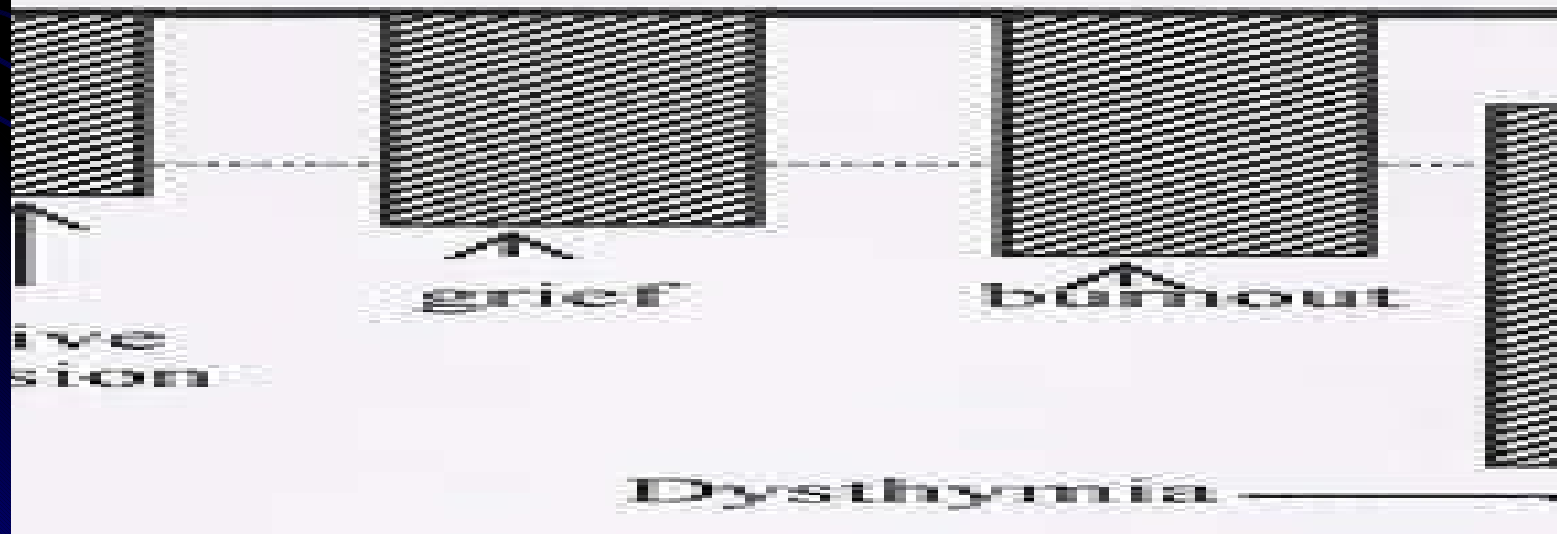
Major depression

Major depression is diagnosed when an adult exhibits one or both of two core symptoms

- depressed mood
- lack of interest

along with four or more of the following symptoms, for at least two weeks:

- feelings of worthlessness or inappropriate guilt
- diminished ability to concentrate or make decisions
- fatigue
- psychomotor agitation (cannot sit still) or retardation (just sitting around);
- insomnia or hypersomnia (sleeping too much)
- significant decrease or increase in weight or appetite
- recurrent thoughts of death or suicidal ideation.



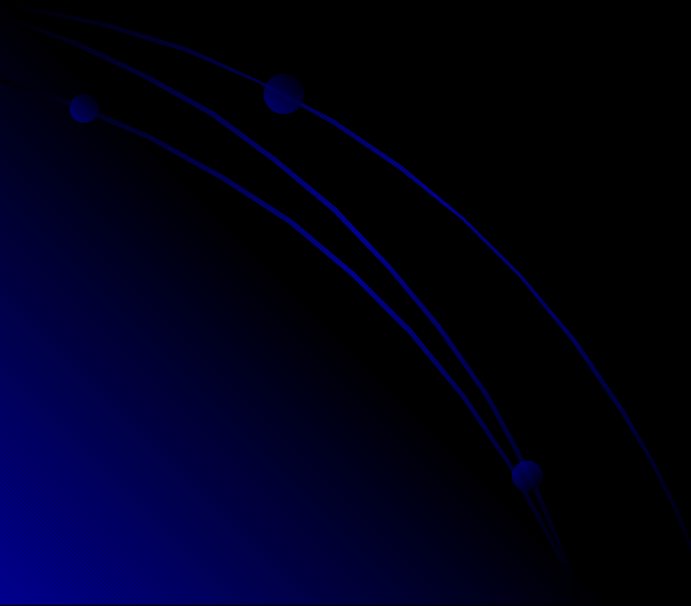
ive
sion

grief

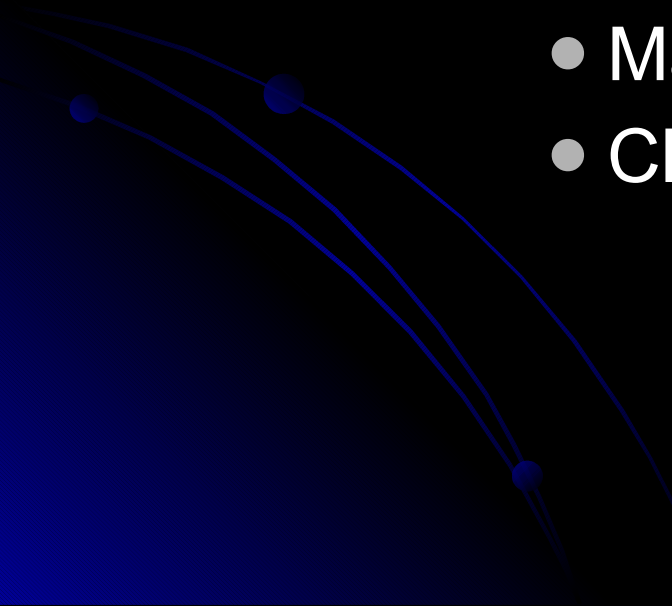
burnout

Dysthymia

Can Christians suffer from depression?



Christians and Depression

- “Jesus saves”
 - Happiness and Joy
 - Examples
 - Martin Luther
 - Charles Spurgeon
- 

Causes of depression

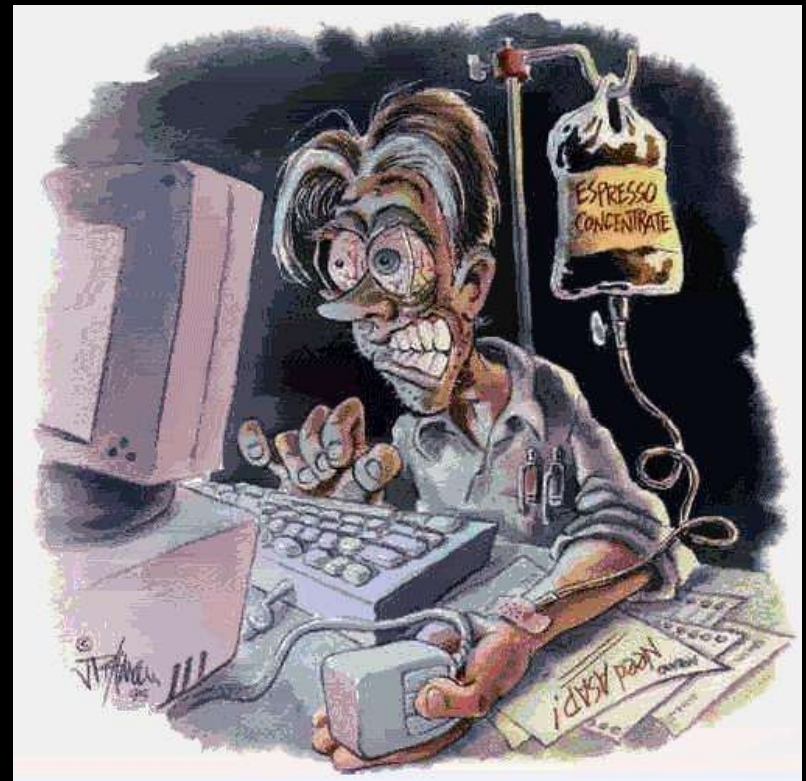
- Personal factor



Victor Frankl , *Man's Searching for Meaning* – noogenic neurosis

Causes of depression

- Personal factor
- Psychological factors
 - Unresolved conflicts
 - Stress
 - Life events
 - Personality



Causes of depression

- Personal factor
- Psychological factors
- Biological factors
 - Neurotransmitter-serotonin
 - Chronic diseases



Causes of depression

- Personal factor
- Psychological factors
- Biological factors
- Spiritual warfare
 - demonisation



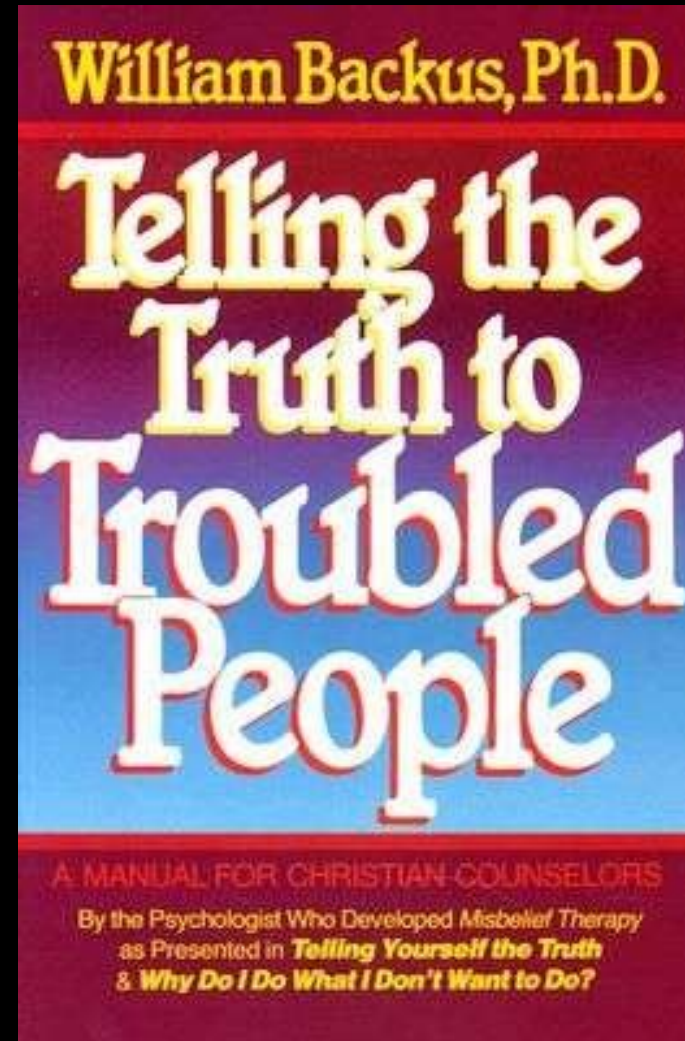
How can the Church help?

- Rest



How can the Church help?

- Rest
- Personal Choice



Personal Choice

- Misbelief #1: I'm no good
- Misbelief #2: My daily life is no good
- Misbelief #3: My future is hopeless



Personal Choice

- Truth #1: “You are a creature of infinite worth and value”



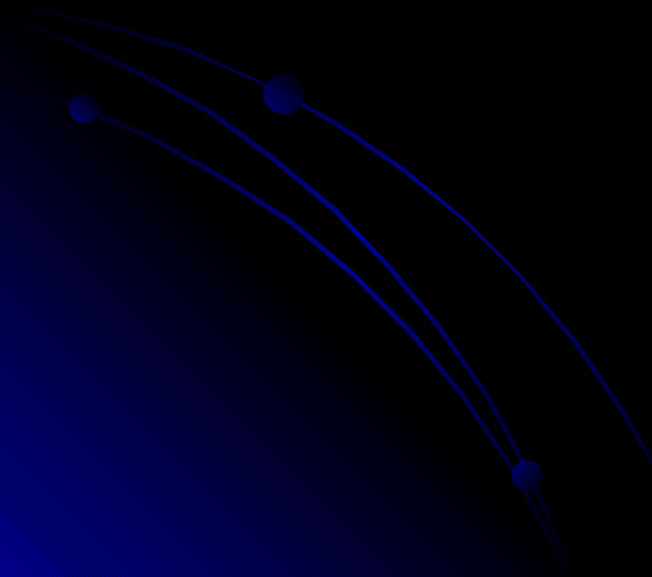
Personal Choice

- Truth #2: “Even a depressed person can find meaning and reinforcement in activity.”



Personal Choice

- Truth #3 : “God’s Word says that the future is not hopeless.”



How can the Church help?

- Rest
- Personal Choice
- Talk to a friend



How can the Church help?

- Rest
- Personal Choice
- Talk to a friend
- Group Support



John Ortberg's HELP
ministries

Hope, Encouragement, Love,
Prayer

How can the Church help?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer



How can the Church help?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer
- Counseling



How can the Church help?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer
- Counseling
- Medication



Conclusion

