



DESCRIPTION OF DEPRESSION

1. Emotions come from us – they reveal our heart. Emotions are judgments we make that are initially rendered in a language other than speech. A good question to ask is: “What does this emotion reveal about me?”
2. Depression is often caused, and almost always intensified, by spiritual problems. This is not as simplistic as a sin-depression connection. “Spiritual” refers to faith, obedience, repentance, unbiblical interpretations of life, an uneducated conscience, and a lack of Biblical doctrine. FOR THOSE IN DEPRESSION, CONFESSION AND KNOWLEDGE OF CLEANSING MIGHT BECOME A FIRST INKING OF JOY THAT THEY HAVE NOT PREVIOUSLY KNOWN.
3. Any spiritual problem, left unattended, can slide into depression. Guilt, fear of man (insecurity), anger etc. can move this way. The formula is this: Spiritual problems + time + a biological ability to experience depression = depression.
4. Depression speaks to a person several messages:
 - Depression says “I am afraid.” Fear puts people on edge
 - Depression says “I am guilty.”
 - Depression says “I lost something”
 - Depression says “I need something”
 - Depression says “I am angry”
 - Depression says “I must avoid this”
 - Depression says “Woe is me.” Attention is on “self.”
 - Depression says, “I have no hope.”

The Way Out

1. Begin to talk to yourself rather than listen to what depression has to say.
2. Write out your purpose for living
3. Each day, speak or write something that edifies others.
4. Each day, focus on one aspect of creation. Meditate on it until you can say, “It is good.”
5. Speak God’s Word to yourself and listen to praise music
6. Look up possible benefits to suffering (Psalm 119:67,71; 2 Cor. 1:8-10; Hebrews 5:8; James 1:3)