

SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

RECAP . . .

- What Depression is 'Not'
- What Depression 'Is'
 - The Challenge of Phenomenological Language
 - Heaviness
 - Darkness
 - Despair/Hopelessness
 - Emptiness/Purposelessness
- Depression as Suffering
- A Complex Beast—What Contributes to Depression?
 - Most generally—the Fall
 - Indwelling Sin
 - Pride
 - Idolatry
 - Prolonged personal distance from God



RECAP CONT...

- Our Bodies
 - Genetics
 - Chemicals
- Our Beliefs
 - Our beliefs strongly affect our feelings
- Our Behaviors
 - Sleep
 - Diet
 - Schedule
 - Exercise



FIVE LANES OF DEPRESSION—THE ELEPHANT, RIDER AND PATH

■ Lane 1: The Heart

- What unconfessed sin may be present in your life? (Prov. 28:13)
- Are you suffering consequences of a past sin? (1 Pet. 4:15; Gal. 6:7-8)
- In what *patterns* of sin might you be entrenched? (2 Tim. 2:26; Heb. 3:13)
- Are you in close relationship with God? (Jas. 4:8)
 - What does your time pursuing God in word and prayer look like?
- Are you harboring bitterness and/or unforgiveness in relationships? (Eph. 4:26-28, 32)
- What idols are you seeking, or have you lost? (Rom. 1:24-25)
- Where and why do you feel shame? (Lev. 13:45-46; Heb 13:13)



FIVE LANES CONT...

- **Lane 2: The Mind (Ps. 42:5)**

- How do you put your world together? Who is God and what is he like? What is your purpose? Why is the world the way it is?
- What do you tend to believe that causes you the most emptiness/darkness? When did you come to believe those things and why?
- Where do you experience distorted thinking that leads to distorted feelings? (Hint: you won't be able to identify these on your own at first)
 - **10 Patterns of Distorted Thinking (David Burns)**
 - All-or-Nothing Reasoning
 - Overgeneralization
 - Mental Filter
 - Disqualifying the Positive
 - Jumping to Conclusions
 - Fortune Telling
 - Mind Reading



FIVE LANES CONT...

- Magnification and Minimization
- Emotional Reasoning
- (Mis)labeling
- Should Statements
- Personalization



FIVE LANES CONT...

- **Lane 3: Our Circumstances (“External” Environment)**
- What in your environment do you need to remove in order to thrive?
 - Work less hours?
 - Change jobs?
 - Remove yourself from a hostile situation?
 - Cut off negative influences?
- What in your environment do you need to add in order to thrive?
 - More genuine relationships?
 - Am I in relational isolation or superficial relationships?
 - Vibrant local-church connection?
 - Scheduled rest?
 - Hobbies to enjoy?



FIVE LANES CONT...

■ **Lane 4: The Body (“Internal Environment”)**

- You aren't a doctor—don't pretend to be. Nevertheless, it is undeniable that what's going on in the body affects the way we feel.
- Thus, encourage someone to consult a physician—at the very least to get a physical—while articulating to the doctor their reasons for doing so, so that the scope of the physical and/or tests may be adjusted.
 - Pay particular attention to post-partum mothers and women going through menopause.
 - Ask questions about family history
 - Supplements and medicines can frequently help those whose bodies are working against them
 - Don't miss an opportunity to take an advantage of the kind of learning and growth that only suffering can provide—this will always be a prayerful judgment call.



FIVE LANES CONT...

■ Lane 5: Our Behaviors

- What does your exercise pattern look like?
 - Exercise is a natural anti-depressant, releasing endorphins and promoting healthy body function.
- What does your diet look like?
 - Healthy? Lopsided? Don't pretend to be a nutritionist here—if you don't know what you're talking about, connect with someone who does.
- What does your sleep schedule look like?
 - Sleep is absolutely critical. Do not overestimate the devastating psychological effects that consistently poor sleep can have on someone. Do they need to see a doctor? Have a sleep study done?



FIVE LANES CONT...

- What does your daily schedule look like?
 - Despair often thrives in the blank theatre of the mind, which is why often people feel their very lowest 1) at night after the structure of their normal day ends and 2) when they are isolated without anything to do.
 - Making a schedule/daily goals and tasks makes life more organized, less overwhelming and provides a sense of structured purpose in which mental energy can be exerted to accomplish achievable goals as opposed to suffering from the mental runaway train that often accompanies purposeless, empty time.
- Who Are You Serving?
 - Depression bends inward and shrinks the world down to our own misery. Intentionally and consistently serving others gets us outside ourselves and breaks up our morbid introspection and self-centeredness.

