

Facing Depression Together – Part 3

The Cures and Care for Depression

Introduction:

John 5.6b “Do you want to be made well?”

1. The _____ for Depression

A. Correct your _____ .

- Have a regular _____ .
- Build times of _____ into your life.

Mark 6.30a And He said to them, “Come aside by yourselves to a deserted place and rest a while.”

- Enjoy some _____.
- Get some _____.
- _____ your life.

B. Correct your false _____.

Psa 77.1–20 I cried out to God with my voice—
 To God with my voice;
 And He gave ear to me.
 2 In the day of my trouble I sought the Lord;
 My hand was stretched out in the night without ceasing;
 My soul refused to be comforted.
 3 I remembered God, and was troubled;
 I complained, and my spirit was overwhelmed.
 Selah
 4 You hold my eyelids open;
 I am so troubled that I cannot speak.
 5 I have considered the days of old,
 The years of ancient times.
 6 I call to remembrance my song in the night;
 I meditate within my heart,
 And my spirit makes diligent search.

- 7 *Will the Lord cast off forever?
And will He be favorable no more?*
- 8 *Has His mercy ceased forever?
Has His promise failed forevermore?*
- 9 *Has God forgotten to be gracious?
Has He in anger shut up His tender mercies?*
Selah
- 10 *And I said, "This is my anguish;
But I will remember the years of the right hand of the Most High."*
- 11 *I will remember the works of the Lord;
Surely I will remember Your wonders of old.*
- 12 *I will also meditate on all Your work,
And talk of Your deeds.*
- 13 *Your way, O God, is in the sanctuary;
Who is so great a God as our God?*
- 14 *You are the God who does wonders;
You have declared Your strength among the peoples.*
- 15 *You have with Your arm redeemed Your people,
The sons of Jacob and Joseph.*
Selah
- 16 *The waters saw You, O God;
The waters saw You, they were afraid;
The depths also trembled.*
- 17 *The clouds poured out water;
The skies sent out a sound;
Your arrows also flashed about.*
- 18 *The voice of Your thunder was in the whirlwind;
The lightnings lit up the world;
The earth trembled and shook.*
- 19 *Your way was in the sea,
Your path in the great waters,
And Your footsteps were not known.*
- 20 *You led Your people like a flock
By the hand of Moses and Aaron.*

EXAMINE YOUR THOUGHTS	Asaph examines his thoughts
1. My life situation <i>Time? Place? People? Events?</i>	Asaph's life situation is not defined in detail in Psalm 77. Asaph calls it "the day of my trouble" (v. 2), a deliberately general description which fits many life situations.
2. My feelings <i>Sum up your mood in one word if you can. Are you sad, worried, guilty, angry, ashamed, irritated, scared, disappointed, humiliated, insecure, anxious? You may want to rate the intensity of your feeling by determining what percentage of the time you feel that way.</i>	Asaph felt: <ul style="list-style-type: none"> - Troubled (vv. 2,3,4) [100%] - Inconsolable (v. 2) [90%] - Overwhelmed (v. 3) [90%] - Cut off from God (v. 7) [100%] - Pessimistic (v. 7) [95%] - Insecure (v. 2) [80%] - Scared (v.2) [75%]
3. My thoughts <i>What am I thinking of at this time? About myself? Others? The present? The future?</i>	For Asaph: <ul style="list-style-type: none"> - The past was great, but the present was terrible (v. 5) - The future is bleak and gloomy (v. 7) - God's promises no longer hold true (v. 8) - God has forgotten to be gracious (v. 9) - God has withheld His mercies (v. 9)
4. My analysis <i>Identify false or unhelpful thinking patterns such as false extremes, false generalizations, false filters, etc.</i>	Asaph confesses to wrong and unhelpful thinking when he looks at his thought patterns and says "This is my anguish" (v. 10). His "anguish" or his distorted thinking, includes false extremes, false generalizations, false mind reading (of God), false fortune telling, and false feelings-based reasoning.
5. My behavior <i>Impact of 1-4 on me and my relations with others. Stopped unhelpful activities? Started unhelpful activities? Reduces activity? Hyper-activity?</i>	<ul style="list-style-type: none"> - Crying (v.1) - Complaining (v. 3) - Can't sleep (v. 4) - Can't speak to others (v. 4) - Can't pray to God (v. 4)

CHALLENGE YOUR THOUGHTS	Asaph challenges his own thoughts
6. My reasons <i>Why do I believe the thoughts I listed in step 3 are true? What evidence is there to support my conclusion?</i>	Asaph is not explicit but does imply: - This is how I feel. - This is how things look to me.
7. My challenge <i>List evidence and reasons against the thoughts in step 3. Think of what God would point to, to show you that your thoughts are not completely true.</i>	Asaph confesses that: - God has dealt with His dear people similarly before (v. 10) - God's powerful providence through the years (vv. 11-20) - God sometimes leads His people through deep waters (v. 19) - God sometimes shepherds His people through the wilderness (v. 20) - God will lead His people to the Promised Land (v. 20)
8. My conclusion <i>Come to a balanced conclusion, which will also be truthful and helpful.</i>	Asaph says: - Although I feel cast off and forgotten by God, He is redeeming me and leading me through the wilderness into the Promised Land. - Unlike God's Word and works, my feelings are inaccurate and unreliable.
9. My new feelings <i>Copy some or all of the feelings from step 2 and rate them again.</i>	Asaph is not explicit, but from vv. 13-20, we could infer that Asaph now feels a degree of confidence, optimism, safety, and comfort. - Troubled (vv. 2,3,4) [30%] - Inconsolable (v. 2) [20%] - Overwhelmed (v. 3) [15%] - Cut off from God (v. 7) [30%] - Pessimistic (v. 7) [10%] - Insecure (v. 2) [10%] - Scared (v.2) [20%]
10. My plan <i>How will I put the balanced conclusion into practice?</i>	- I will think more about God than myself. - I will think more about God's deeds in the past. - I will believe God's power and grace. - I will trust even when in the deep waters or in the wilderness.

C. Correct your brain _____.

D. Correct your _____ life.

- Correct the spiritual _____.
- Accept that being depressed is not necessarily a _____ and is actually quite compatible with being a Christian.
- Try to understand that your loss of spiritual feelings is not the cause of your depression, but rather that the depression has caused a general loss of feeling in _____ parts of your life, including your spiritual life.
- Patiently _____ for the corrections in your lifestyle, thinking, or brain chemistry to have an effect on your feelings as a whole, and your spiritual life will pick up at the same time also.
- Have a _____ for reading your Bible and praying.
- Bring _____ truth to mind (such as the doctrine of justification or the atonement), especially positive verses that set forth God's love, mercy, and grace for sinners.
- When you pray, tell God exactly how you _____.
- Keep going to church and _____ the fellowship of a few sympathetic Christians you can confide in, and ask them to pray for you.
- Remember God loves you as you _____, not as you would like to be.
- Correct the spiritual _____.

2. How to _____ for the depressed

A. _____ depression.

Christians Get Depressed Too, David Murray

In that book, Murray recommends the following resources:

I'm Not Supposed to Feel Like This: A Christian Approach to Coping with Depression and Anxiety, Chris Williams, Paul Richards, and Ingrid Whitton

Overcoming Spiritual Depression, Arie Elshout (Reformation Heritage Books)

Broken Minds, Steve and Robyn Bloem (Kregel Publishers)

A Practical Workbook for the Depressed Christian, Dr. John Lockley (Murray strongly disagrees with some of the material in chapter 19)

Spiritual Depression, D. Martyn Lloyd-Jones (more about spiritual discouragement than depression)

B. Have _____.

This means:

- Having an ability to _____ that we truly understand the problem and it's symptoms.
- Showing that we are deeply concerned and will do all we can to _____.
- Always remembering that you could just as easily be in the _____ position, suffering the same sorrow.

C. Give _____.

This means:

- Being available to _____ and talk.
- _____ with the person.
- Showing unconditional _____.
- Providing _____ help.

D. Reduce the _____ of depression.

E. Reduce the _____ surrounding depression.

F. Help them gain a healthy view of _____.

G. Encourage them to move away from a focus on their _____.

H. Be slow to _____, and quick to listen.

What not to say:

- **Pull yourself together**
- **But you've got nothing to be sad about.**
- **Don't get so emotional.**
- **You'll get over it soon.**
- **It's a sin to be depressed.**
- **Just believe the promises.**
- **Smile, it can't be that bad.**
- **Well, things could be worse.**
- **At least it's nothing serious.**
- **You should confess your sins.**
- **You're not still on medication are you?**

I. Watch for signs of _____.

- **If you suspect someone is considering suicide, sensitively ask them if they're thinking about suicide and if they've already thought about how they'd do it.**
- **If they've already got a plan, it's vital that you seek professional help!**

J. Go _____.

Thought Investigation Questionnaire	
EXAMINE YOUR THOUGHTS	
1. My life situation <i>Time? Place? People? Events?</i>	
2. My feelings <i>Sum up your mood in one word if you can. Are you sad, worried, guilty, angry, ashamed, irritated, scared, disappointed, humiliated, insecure, anxious? You may want to rate the intensity of your feeling by determining what percentage of the time you feel that way.</i>	
3. My thoughts <i>What am I thinking of at this time? About myself? Others? The present? The future?</i>	
4. My analysis <i>Identify false or unhelpful thinking patterns such as false extremes, false generalizations, false filters, etc.</i>	
5. My behavior <i>Impact of 1-4 on me and my relations with others. Stopped unhelpful activities? Started unhelpful activities? Reduces activity? Hyper-activity?</i>	

CHALLENGE YOUR THOUGHTS	
<p>6. My reasons <i>Why do I believe the thoughts I listed in step 3 are true? What evidence is there to support my conclusion?</i></p>	
<p>7. My challenge <i>List evidence and reasons against the thoughts in step 3. Think of what God would point to, to show you that your thoughts are not completely true.</i></p>	
<p>8. My conclusion <i>Come to a balanced conclusion, which will also be truthful and helpful.</i></p>	
<p>9. My new feelings <i>Copy some or all of the feelings from step 2 and rate them again.</i></p>	
<p>10. My plan <i>How will I put the balanced conclusion into practice?</i></p>	