

Sunday 6-25-17

## Hope and Help for Those Suffering With Depression

- I. Depression is common and complicated.
  - a.) Medical Model's diagnosis is based on feelings and behavior, not objective tests.
  - b.) To this point, scientific research has found no provable chemical balance/imbalance that causes depression.
- II. Depressed people are suffering deeply. Ps. 13:1-2  
Before giving advice:
  - a.) Demonstrate compassion. Ask questions, listen carefully to the answers, be patient.
  - b.) Pray and offer Biblical encouragement. Ps. 23:1-3; Ps. 42:5
- III. Explain the hope and help found in relationship to Christ.
  - a.) Depression does not happen randomly.
  - b.) Learn to process life based on truth. 1 Cor. 10:13; Phil. 4:1-3; Rom. 8:31-35
  - c.) Think correctly about God and self. Rom. 6:11; 1 Cor. 6:9-11
  - d.) Nurture a thankful heart. Eph. 5:18-21; 1 Thess. 5:16-18
  - e.) Perform activities necessary to spiritual growth and daily living.
  - f.) Live for God's kingdom, not my kingdom (Love God/neighbor). Matt. 22:36-40; 1 Cor. 5:9-10; Rom. 8:28-29; Gal. 5:22-23
- IV. At the appropriate time, show how their own sin may have contributed to their depression.
  - a.) Sinful worry, fear, or anger.
  - b.) When normal grief becomes life-dominating.
  - c.) When sin is rationalized (blame-shifted), and guilt is not biblically resolved. Pro. 28:1, 13.