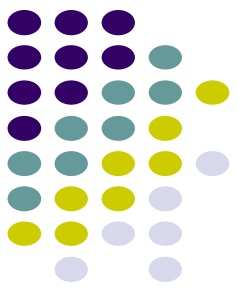


Sin or..Sickness?



Biblical Help for Depression

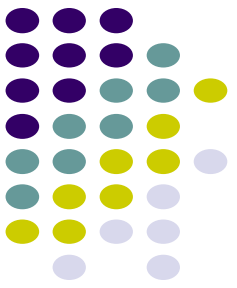
Dr. John D. Street



Prologue

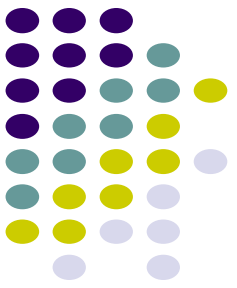
- New Harvard Guide To Psychiatry states - 20-30% of Americans can expect to suffer from depression sometime in their lifetime. They report that depression occurs more often in younger adults, especially women for three reasons:
 1. Public's expanding expectations of relief from symptoms like anxiety, tension, depression
 2. Weakening traditional supports like extended family, neighborhood, and religious institutions
 3. Expectations that health systems (esp. psychiatry) can, should, and will respond

Prologue



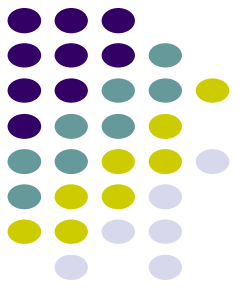
- Depression was also a significant problem that biblical characters faced:
 1. Genesis 4:6, “Then the Lord said to Cain, ‘Why are you angry? And why has your countenance fallen?’ ”
 2. 1 Kings 19:4, Elijah- “But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, ‘It is enough; now, O Lord, take my life, for I am not better than my fathers.’ ”
 3. Psalm 42:5, David-“Why are you in despair, O my soul? And why have you become disturbed within me?”

Prologue

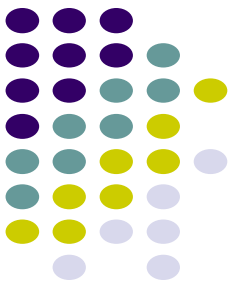


- Martyn Lloyd Jones - "A depressed Christian is a contradiction in terms and is a very poor recommendation for the gospel"
- As late as the 1800's the word for depression was "melancholy."
- In many of the early church fathers it was "sloth."
- Many more recent sufferers have sought to describe its overwhelming emotions and feelings...

Vivid Images & Metaphors



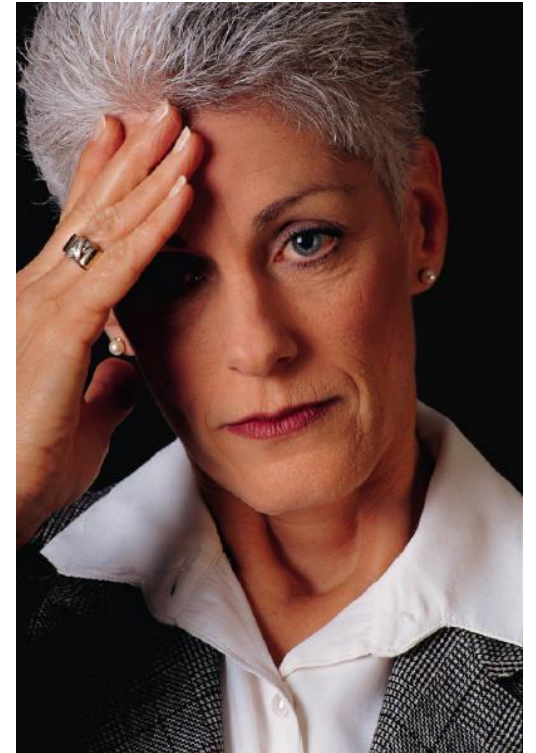
- Winston Churchill called it “the black dog”
- Abraham Lincoln, “the hypo”
- Philip Roth, “a mental straight jacket”
- William Styron, “suffocating to death in a fiercely overheated room.”
- John Milton, “darkness visible”
- Falling into a bottomless abyss
- Emily Dickinson, “a funeral in my brain”
- A season in hell
- A black hole
- Sinking in quicksand
- Being submerged in underwater— everything seems distorted and far away
- Being locked in a cold, dark dungeon
- Having your finger caught in a slammed car door
- An emotional toothache

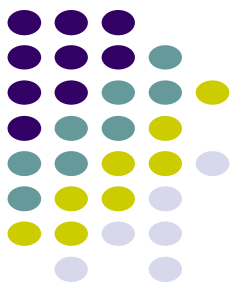


I. Introduction

A Counselor's Description of Depression (53 year old Christian woman, married for 32 years, with 3 children)

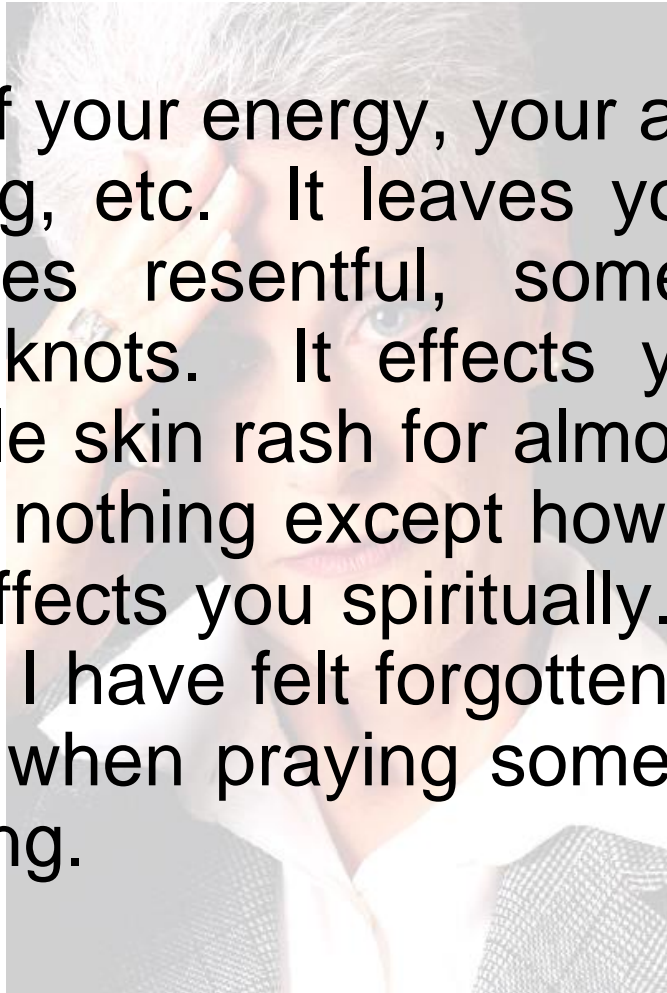
Depression is your own private little hell, unknown to everyone but you, the Lord and Satan, as he is a part of it. It is very painful - the most devastating thing I've gone through. It makes one feel helpless and hopeless. The hurt at times is unbelievable and apart from the grace of God - unbearable. It does not just go away with the passing of time. It is a real struggle and lots of times you don't want to struggle anymore. Depression is very tiring and almost everything you do takes a tremendous amount of effort - even just getting out of bed some days.

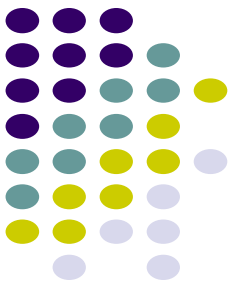




I. Introduction

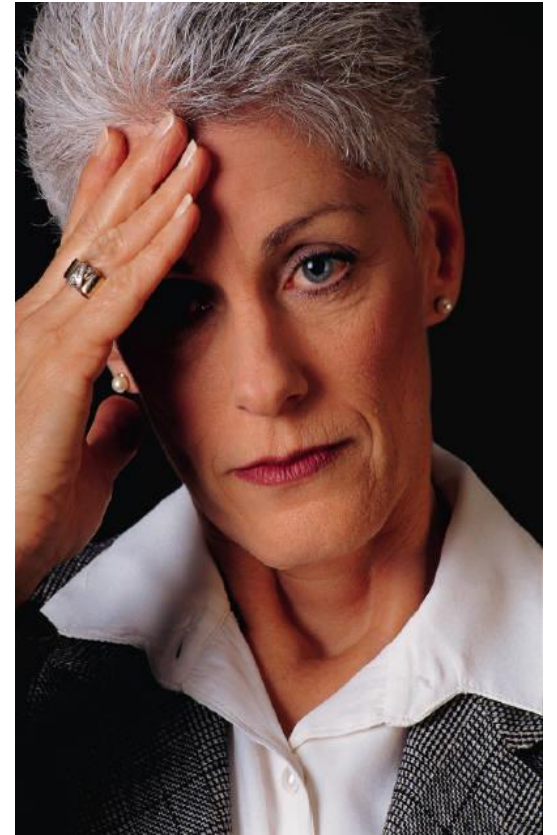
Depression robs you of your energy, your affections your happiness, contentment, reasoning, etc. It leaves you bewildered, confused, sad, angry, sometimes resentful, sometimes tearful, anxious, nervous, stomach in knots. It effects you physically (I lost 18 pounds), I had a terrible skin rash for almost 3 years. It effects you mentally - you think of nothing except how bad you feel and what a waste your life is. It effects you spiritually. Sometimes I've almost lost all my assurance. I have felt forgotten and forsaken by God. It is difficult to pray and when praying sometimes it's like the prayer can't get past the ceiling.





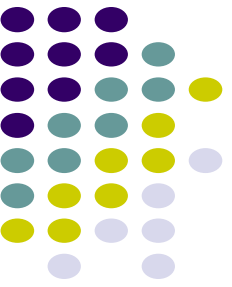
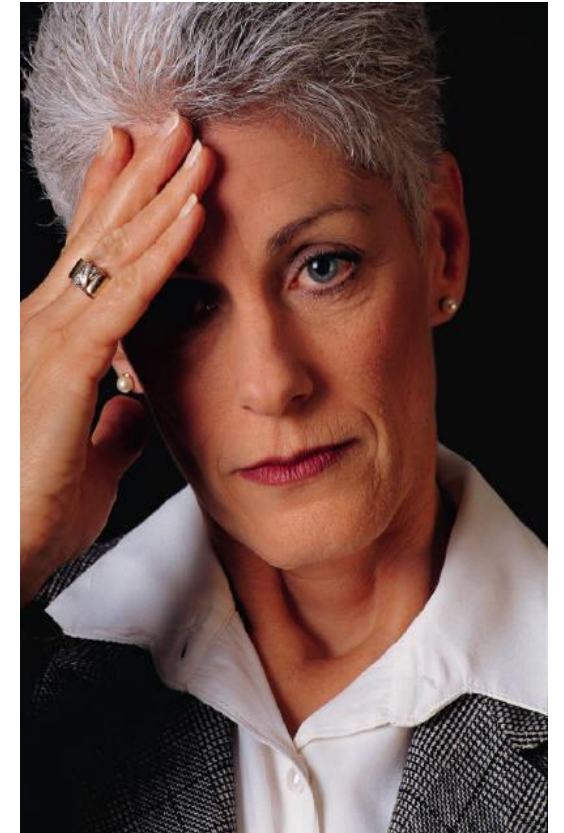
I. Introduction

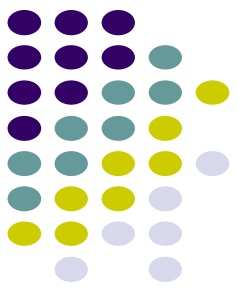
In depression one sad thought leads to another and in a very few moments you are in the depths of despair. Besides painful thoughts, another habit of depression is crying - it is very difficult to break the habit. Crying does not relieve the hurt. In fact, it makes it worse and the result is more despair.



I. Introduction

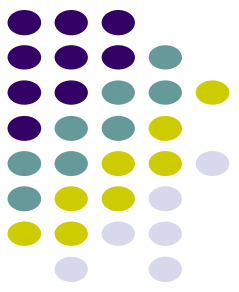
Oh God I hurt so badly. I've heard of people dying of a broken heart, but this is worse. I am living with a broken heart. I am so alone - please God, please let me die. I am not anything that I've thought I was. When I thought I was a good wife my husband needed someone else as a diversion - really an interesting little creature. I know there was no unsavoriness about it, but I was really hurt and it didn't matter to him at all.





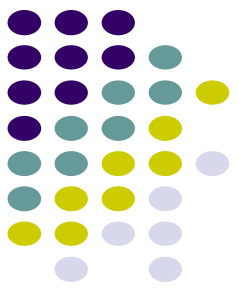
I. Introduction

When I was so sure of our marriage and our extremely good relationship - it was like I was a nobody and now I'm convinced that I am just a plain, boring wife and grandmother. How could I have thought so highly of myself?? The most confusing part to me is that all the while I thought I was trying to be a submissive wife according to the Bible. I was submissive like You (God) told me to be and instead of being an asset, it was a liability.



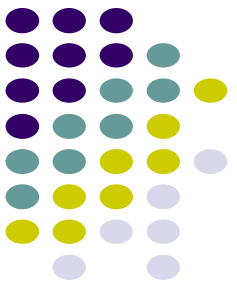
I. Introduction

I was no competition for the interesting person of the world and because I belong to You, I couldn't compete with the deceitfulness. I couldn't have anyway - he was so different in his attitude toward her, like it had never been with anyone else except me. I do not believe he loves me. I don't know what to believe. He convinced me so thoroughly that neither I nor our relationship was his priority.



I. Introduction

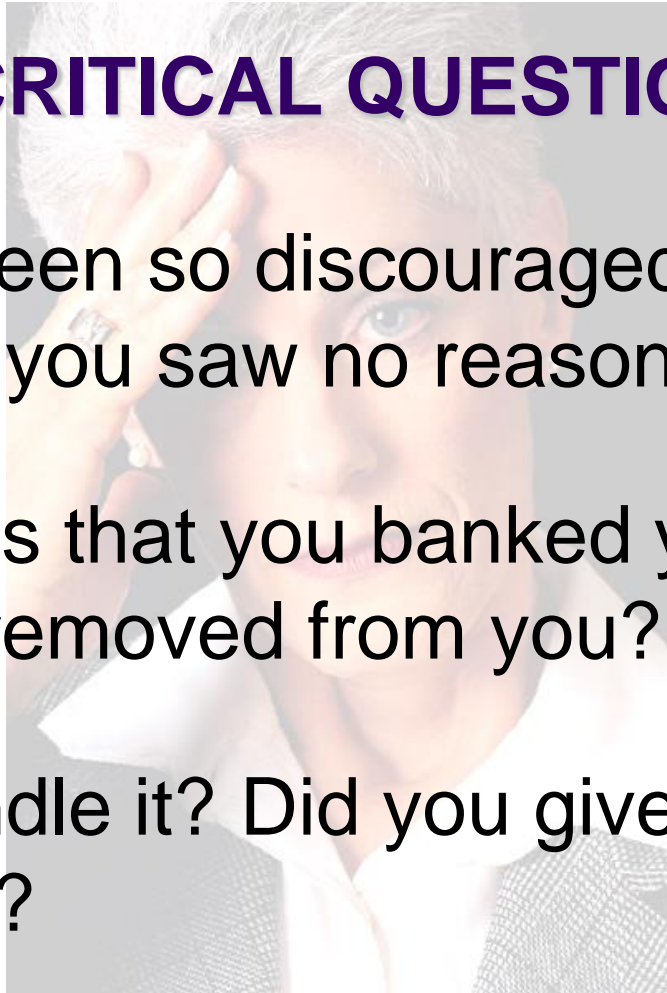
My heart is heavy almost all the time and I forget what it feels like to be happy and contented. I know we're not to ask "why," but I wish I had died in 1960 when I was dying anyway. Those 20 years in between were not worth the last 3 years of suffering. I know we're to have all our faith in You Lord, but surely we should have confidence in our mates also - that's part of loving. 1 Corinthians 13:7 says love always trusts. I guess I trusted too much, I had too much confidence in man. I don't anymore. I don't think I'll ever love completely again either. I can't because I'm so afraid. Please help me.

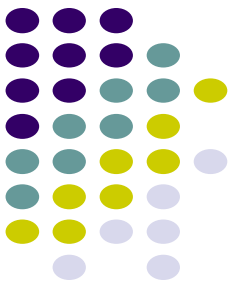


I. Introduction

CRITICAL QUESTIONS

1. Have you ever been so discouraged, so extremely disparaged, that you saw no reason to go on?
2. Were there things that you banked your hopes on in this world that were removed from you?
3. How did you handle it? Did you give up on what God was doing in your life?

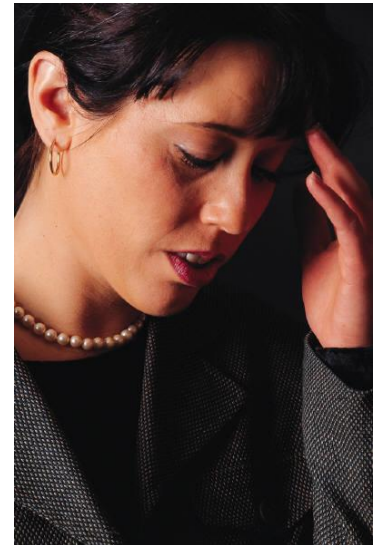




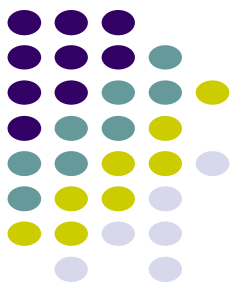
II. Identifying Depression

A. Definition

1. That debilitating (weakening) mood, feeling, or air of hopelessness which becomes a person's reason for not handling the most important issues of life.
2. Distinct from discouragement
 - a. In depression, a person stops functioning.
 - b. In discouragement, a person keeps going.



When a person is discouraged they are down. When they are depressed they are down and out!



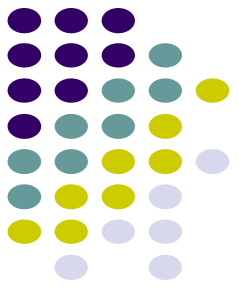
II. Identifying Depression

3. A contemporary term

- The modern use of the term “depression” is very broad. It is used to describe low feelings to severe incapacitation.
- It is the fluid use of the contemporary term of “depression” that leads to a considerable amount of misunderstanding among Christians.
- Adjectives have been added to the term “depression” by the mental health system to try to clarify: “reactive depression,” “clinical depression” or “major depression,” “manic depression” or “bi-polar depression,” “dysthymia” (mild long term chronic depression), “SAD” (seasonal affective disorder), etc.



II. Identifying Depression

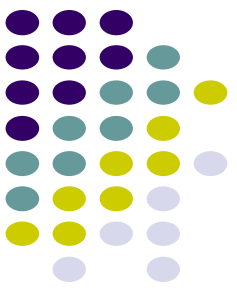


B. Description

1. Personal Data Inventory—how they describe themselves

- a. Moody, often blue, serious, shy, introvert, easy going, quiet, self-conscious, lonely, sensitive
- b. Nervous, impatient, impulsive, excitable, imaginative



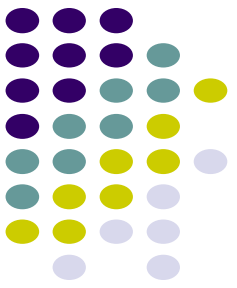


II. Identifying Depression

2. Halo data—how they look to you (Gen. 4:6-7)
 - a. What's-the-use attitude, air of hopelessness (will try to convince you it's no use)
 - b. May cry easily, sighs, looks down, sits motionless
 - c. General drooping of face muscles, unkempt appearance
 - d. Seldom laughs
 - e. Physical slowdown

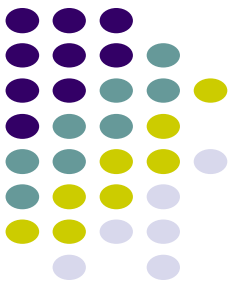


Remember: *Your counselee's presentation problem may not be depression, but by their halo data it becomes obvious that depression is a significant problem that is plaguing their life!*



II. Identifying Depression

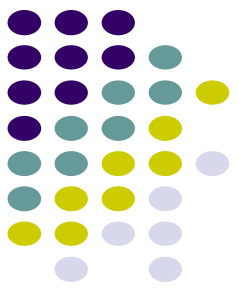
3. Complaints or core data—information they give you
 - a. Tired often, don't sleep well or sleep much, go to bed tired and get up tired
 - b. Never enough time to get things done
 - c. More than normal sickness, backaches, headaches
 - d. Loss of appetite; occasionally may overeat
 - e. Unduly frequent sex or masturbation
 - f. Talk about problems but do not act on them
 - g. Shut down spiritually



II. Identifying Depression

4. General evaluation

- a. Depressed people are often guilty people because of their passivity towards God.
- b. Fatigue is increased by worry about unfinished tasks, lack of sleep, overeating, dieting, drugs, dread of work, etc...
 - These side effects of depression tend to snow ball into larger problems because they are never resolved.
 - Essentially the depressed person gets caught in the vortex of a downward spiral that gets tighter and tighter until all hope is gone. At this point they have reached the point of desperation.



III. Why Do People Get Depressed?

A. Secular Theories About Depression

1. Psychoanalytic school

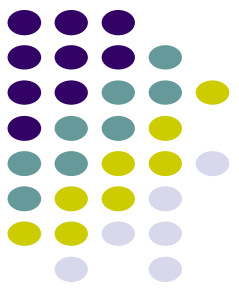
- a. Anger and resentment turned inward
- b. Object loss—loss of a parent through death or divorce
- c. Loss of self-esteem—failure produced a sudden down turn in self confidence and ability

2. Behavioral school

- a. Learned helplessness and hopelessness
- b. Lack of proper positive reinforcement

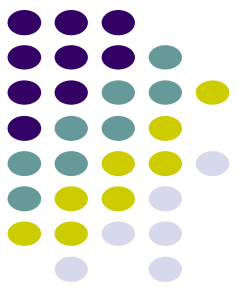


Sigmund Freud



III. Why Do People Get Depressed?

3. Cognitive school: Faulty, dysfunctional way that a person views himself, his world, or experience and the future; the individual experiences depression because he processes information incorrectly: arbitrary inference, selective abstraction, overgeneralization, magnification, minimization, personalization, and absolutist or dichotomous thinking.
4. Sociological school: Loss of role status, prestige, power, identity



III. Why Do People Get Depressed?

5. Existential school: Loss of meaning of existence

6. Biological schools:

a. Genetic loading

b. Chemical imbalance: abnormal body metabolism

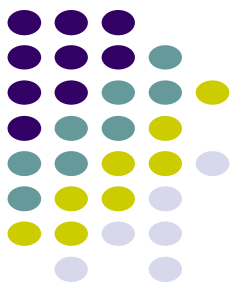
c. Neurotransmitter malfunction: changes in brain chemistry

d. Physical illness (may have an illness and not be aware of it or may know of illness but not be aware of its connection with depression - diabetes, epilepsy, pernicious anemia, viral infections, cancer, rheumatoid arthritis, etc.).

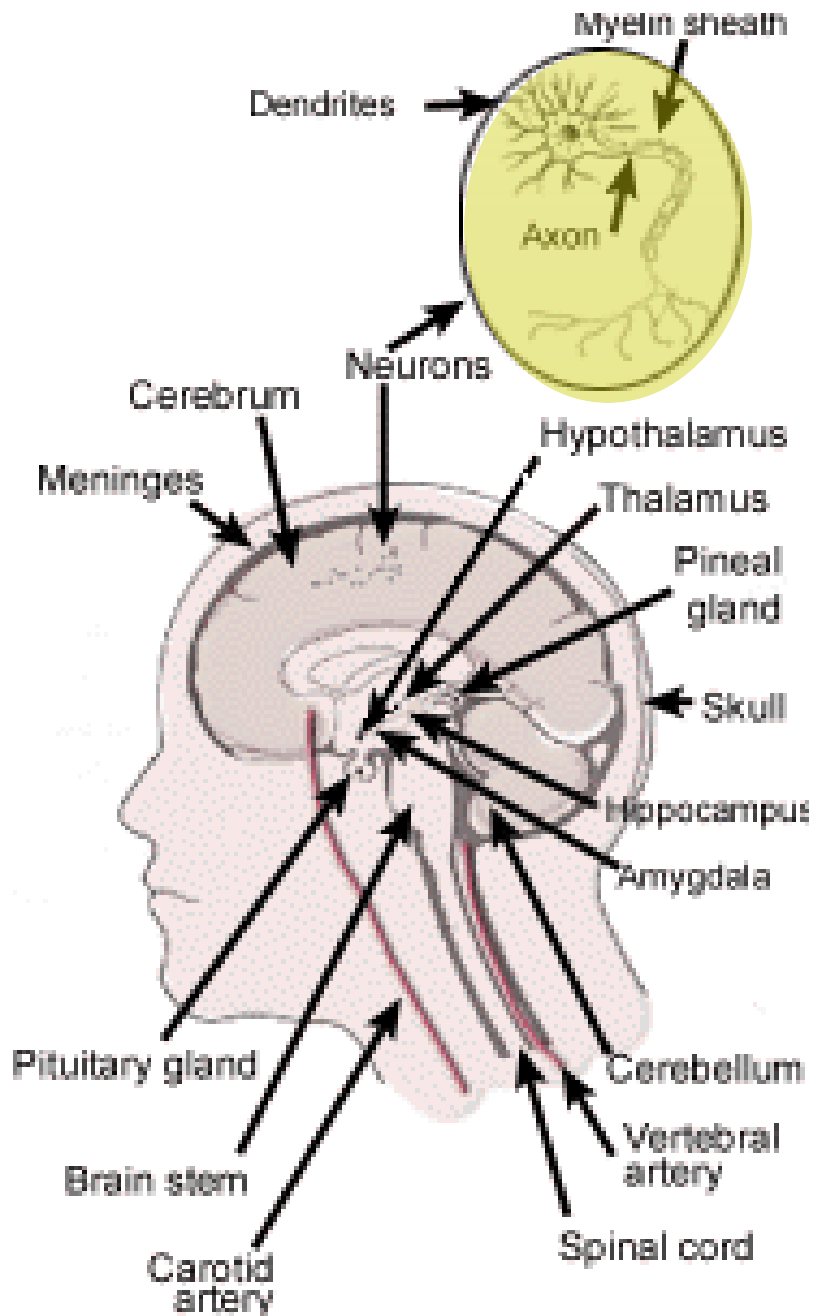
e. Vitamin or trace element deficiencies or abnormalities

f. Reaction to medicine/drugs (reserpine, certain birth control pills, steroids, etc.).





Chemical Imbalance



- Over 100 billion neurons in the brain
- Neurons carry on complex communication with each other
- Chemical messengers are neurotransmitters: two linked to mood disorders are *serotonin* and *norepinephrine*
- Mono Amine Oxidase (MAO) in the synapse between neurons devours the neurotransmitters and it is thought causes depression
- Antidepressants are believed to inhibit the MAO and restore a more balanced mood

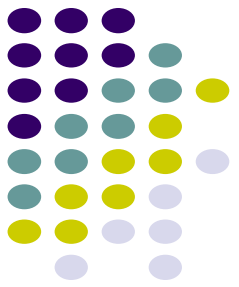
The Serotonin Neuron

serotonin

serotonin
receptor



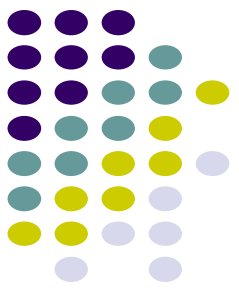
Drugs to treat Depression



TYPE	DRUG	SIDE EFFECTS	COMMENTS
Selective serotonin reuptake inhibitors (SSRIs)	Citalopram Escitalopram Fluoxetine Fluvoxamine Paroxetine Sertraline	Restlessness and jitteriness (akathisia), difficulty falling or staying asleep (insomnia), nausea, diarrhea, sexual dysfunction (decreased desire, diminished arousal, delayed orgasm)	Cause fewer side effects than other drugs used to treat depression
Tricyclics	Amitriptyline Desipramine Doxepin Imipramine Nortriptyline	Light-headedness and low blood pressure, dry mouth, blurred vision, difficulty beginning or continuing urination, constipation, confusion, memory loss, involuntary repetitive movements of muscles (tardive dyskinesia), restlessness and jitteriness (akathisia)	Many experts recommend against use of amitriptyline, doxepin, and imipramine among older people because of their common and serious side effects
Psychostimulants	Dextroamphetamine Methylphenidate	Nervousness, tremor, insomnia, dry mouth	Not as effective as antidepressants when used alone. Often used in combination with antidepressants, especially to improve appetite and energy level

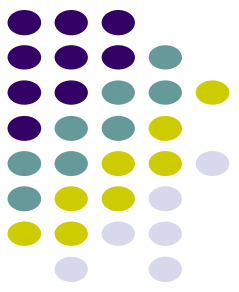


Drugs to treat Depression



Other drugs	Bupropion	Seizures (rare), mild headache, insomnia, weight loss	Least likely of the antidepressants to cause sexual dysfunction
	Mirtazapine	Sleepiness, increased appetite, weight gain, dry mouth	
	Nefazodone	Dry mouth, constipation, sleepiness, dizziness, liver damage (rare)	
	Trazodone	Sleepiness, light-headedness when standing, irregular heart rhythms (rare), persistent erection in men	May be less effective than other antidepressants
	Venlafaxine	Nausea, dizziness, insomnia, constipation, increased blood pressure	

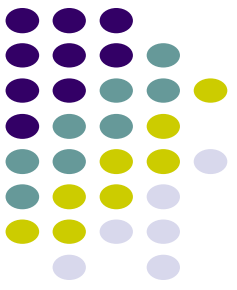




Antidepressants & Placebos

- *Journal of the American Medical Association (JAMA)*: “An increasing number of studies have failed to show a difference between active anti-depressants and placebo.” (2002, p. 1813)
- “A placebo, which is nothing more than hope in pill form, is oftentimes equally effective.” (Dr. Edward Welch, JBC, Fall 2002, p. 77)
- 30% of depressed people were positively responsive to placebos in 1970, 50% were responsive in 2002 (St John’s Wort study, JAMA).
- Increased trust is being placed in the pill bottle with each generation that passes.



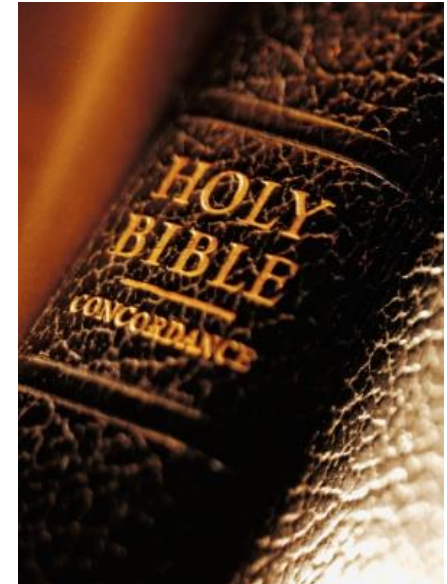


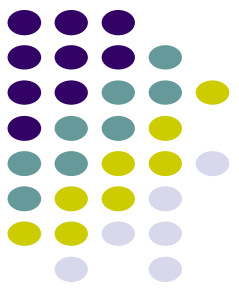
III. Why Do People Get Depressed?

B. Biblical Perspective on the Development of Depression

1. Broad biblical perspectives

- a. Depression is only possible in a fallen world (Gen. 3ff; Rom. 5:12–21).
- b. Depression is the only logical, rationally consistent conclusion of living without God (Eph. 2:11,12; Titus 1:2; 1 Tim. 1:2; Rom. 15:4,13).
- c. Deliverance from depression, which is one of the effects of the fall, is made possible through the redeeming work of Jesus Christ for us (including justification and sanctification) and the work of the Holy Spirit in us.

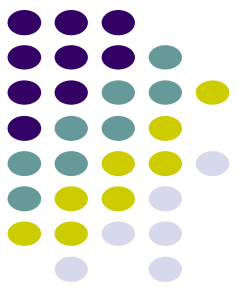




III. Why Do People Get Depressed?

- d. Practical and experiential deliverance from depression and many of the other effects of the fall is not the automatic, involuntary result of regeneration and redemption (Phil. 2:12,13; Gal. 5:22,23; 1 Cor. 3:16; Phil. 2:5; 2 Cor. 4:16–18; Heb. 12:1,2; James 1:2–5).
- e. Depression is possible even for believers because we still:
 - 1) Struggle with indwelling sin
 - 2) Have not perfectly *put off* the old man with its corrupt patterns and practices and *put on* the new man which is renewed in true righteousness and holiness
 - 3) Have the temptations of difficult circumstances and people





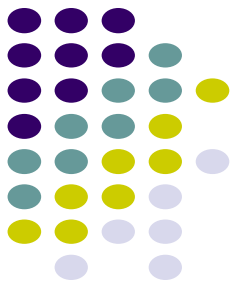
III. Why Do People Get Depressed?

- 4) See through a glass darkly and know only in part
- 5) Have only an earnest, a down payment of our inheritance
- 6) Struggle with the world, the flesh, and the devil (Rom. 12:2; Eph. 6:10–18; Gal. 5:16; 1 Pet. 2:12)
- f. Believers will eventually experience complete and continuous, uninterrupted deliverance from depression and all of the other effects of the fall (Rev. 21,22; Ps. 16)

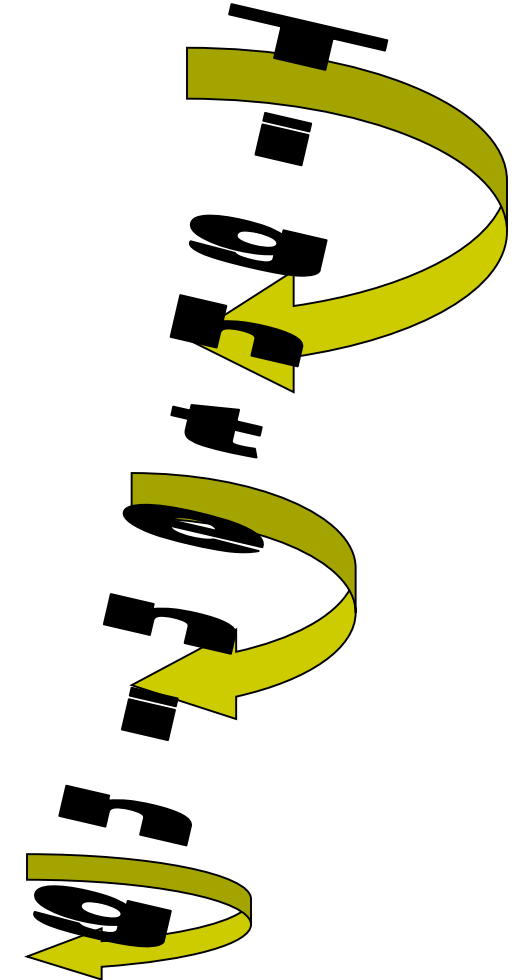
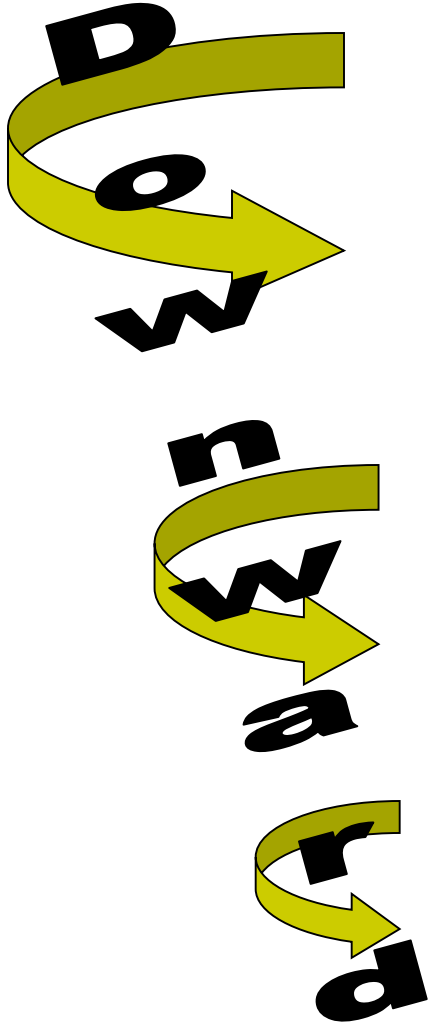
2. Specific biblical examples

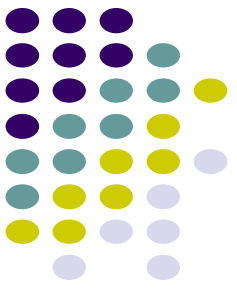
- a. Cain (Gen. 4:1–14)
 - 1) Facts of the Passage
 - a) Cain's offering—vv. 3–4—brought fruit not firstlings of flock
 - b) God's rejection—v. 5—displeased God (reactive depression)

III. Why Do People Get Depressed?



- c) Cain's response—v. 5
 - (i) Angry, countenance fell, pouted
 - (ii) Didn't repent, no sign of remorse over sin
- d) God's counsel (very important)—vv. 6–7
 - (i) Why are you dejected, down?
 - (ii) "If you do right, you will be accepted."
 - (iii) "Sin lies at the door."
- e) Cain's murder—v. 8
 - (i) Terrible sin of killing his own brother
 - (ii) cf. 1 John 3:11–12
- f) God's intervention—v. 9
- g) Cain's defiance—v. 9 "Am I my brother's keeper?"
- h) God's punishment—vv. 11–12



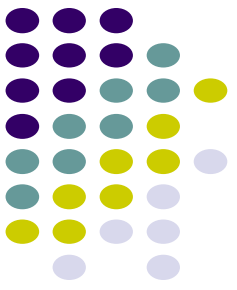


III. Why Do People Get Depressed?

- i) Cain's depression
 - (i) Anger → wrath → bitterness → murder → excuses →
 - (ii) I can't bear this punishment. ("You're being too hard")
 - (iii) "Everyone will be out to get me."
- b. Elijah (1 Kings 19)
- c. The Psalmist (Psalm 42, 43)
- d. Jonah (Jonah 4)
- e. Job
- f. David (Psalm 32, 38)
- g. Paul (2 Corinthians 4)



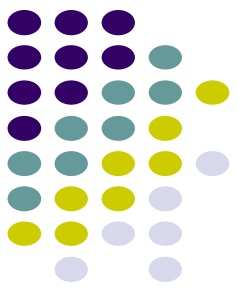
1 John 3:12 "murdered" or "slew"
(σφάζω) like an animal sacrifice!



III. Why Do People Get Depressed?

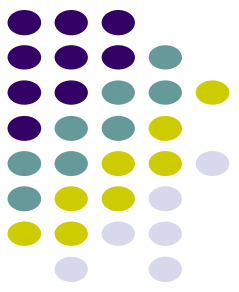
3. Conclusions

- a. Depression is the result of responding to an awareness of personal sin and failure in an unbiblical way.
- b. Depression is the result of a failure to realize certain goals that are deemed to be highly desirable and necessary for life to be worthwhile and happy.
- c. Depression is the result of unbiblical thinking.
- d. Depression is the result of unbiblical responses or reactions to hard and unpleasant circumstances.
- e. Depression may be facilitated by physical exhaustion and/or illness.



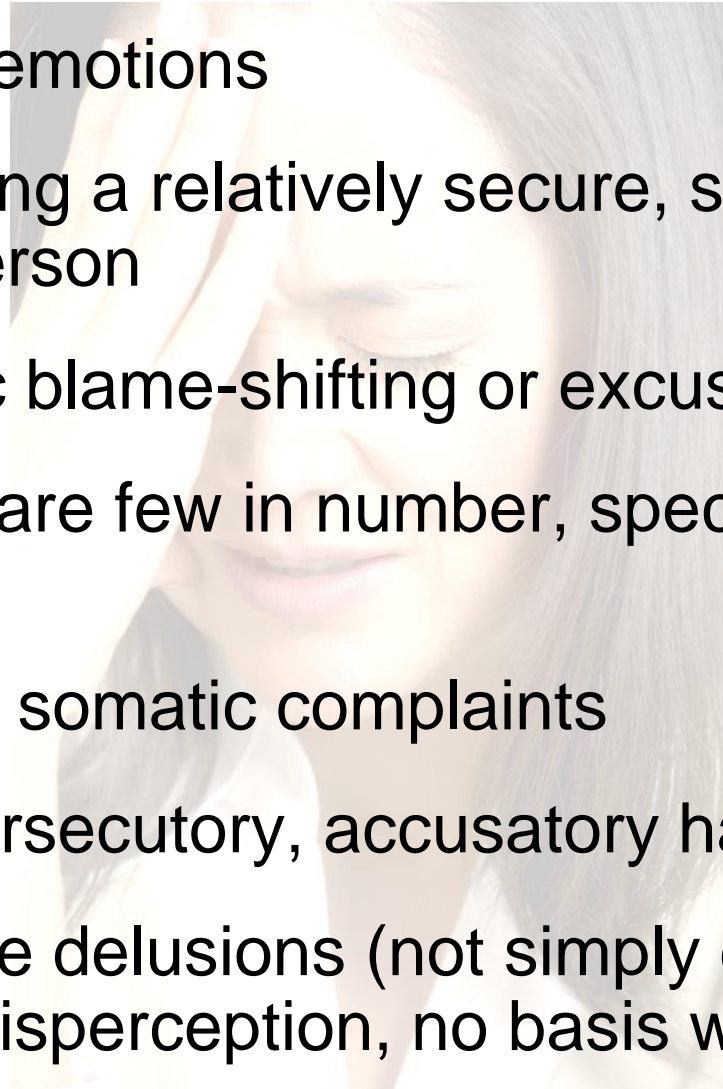
III. Why Do People Get Depressed?

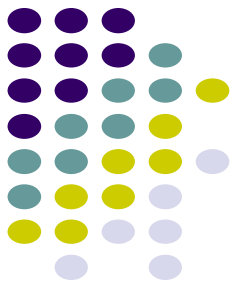
- c. Biological and physical components in the development of depression may be indicated by any of the following factors:
 1. Serious impairment of intellectual abilities
 2. Extremely rapid onset (severe depression suddenly appears with no previous occurrence) or extremely slow (change almost imperceptible)
 3. The lack of any significant traumatic life event(s) or flagrant violations of the person's personal standards closely related in time to the development of depression



III. Why Do People Get Depressed?

4. Rapid fluctuation of emotions
5. A track record of being a relatively secure, stable, confident, well adjusted, realistic person
6. No history of chronic blame-shifting or excuse-making
7. Somatic complaints are few in number, specific, and continuous in nature
8. No history of illusory somatic complaints
9. Sensory and non-persecutory, accusatory hallucinations
10. Extreme, inexplicable delusions (not simply due to lack of communication or misperception, no basis whatsoever)



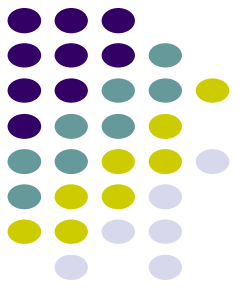


III. Why Do People Get Depressed?

11. Advanced age
12. Functioning biblically and really trying to do the godly thing
13. Use of prescription, over-the-counter, or illegal drugs that have a depressant side effect



IV. The So-called Manic Depressed (Bi-polar)

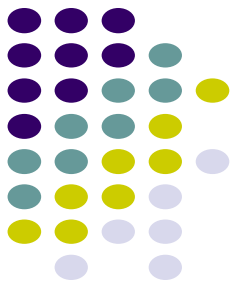


- **Strange behavior which goes from the extreme of elation to the extreme of being blue**
 - A. Bizarre behavior is often used as a camouflage to throw others off the track.

MANIC/DEPRESSIVE SYMPTOMS

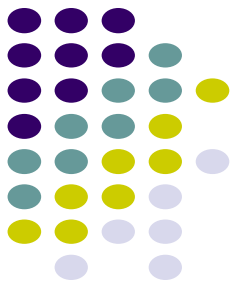
MANIC	DEPRESSIVE
Emotional, Effective Manifestations	
Elated Increased gratification Likes self Increased involvement Increased sense of humor	Depressed Loss of gratification Disgust with self Loss of involvement Loss of humor

IV. The So-called Manic Depressed (Bi-polar)

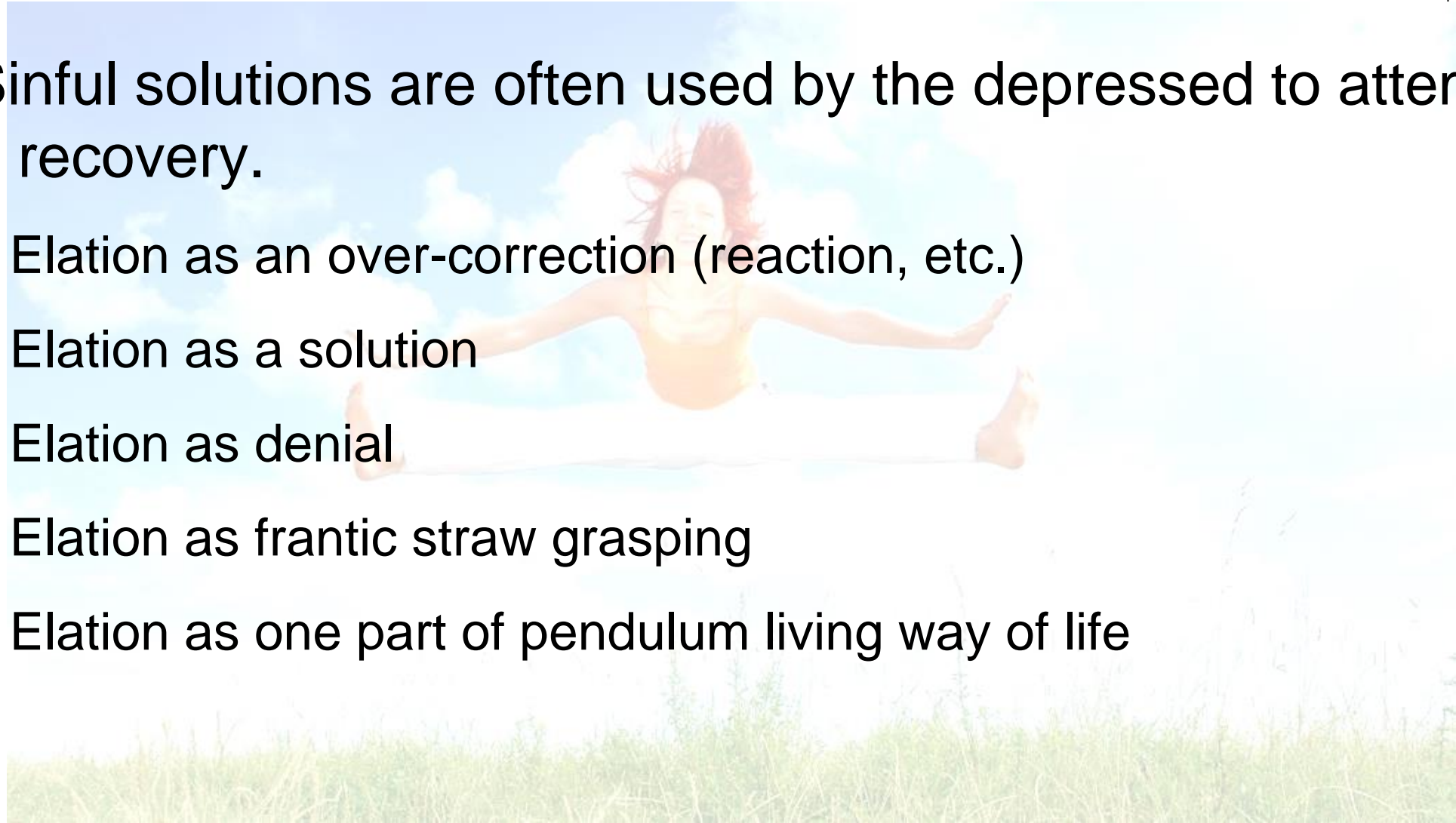


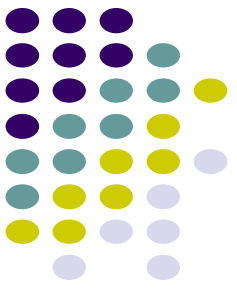
Cognitive Manifestations	
Positive self-image Positive expectations Blames others Denial of personal problems, mist. Arbitrary decision making Delusions: self-enhancing, prestige	Negative self-image Negative expectations Blames self Exaggeration of problems Indecisive Delusions: self-degrading
Motivational Manifestations	
Driven and compulsive Action-oriented wishes Drive for independence Desire for self-enhancement	Devoid of motivation Wishes to escape Excessively dependent Death wishes
Physical Manifestations	
Hyperactivity Indefatigable Appetite variable Increased sexual interest Insomnia	Retardation Fatigability Loss of appetite Loss of sexual interest Insomnia or excessive sleep

IV. The So-called Manic Depressed (Bi-polar)



- B. Sinful solutions are often used by the depressed to attempt a recovery.
1. Elation as an over-correction (reaction, etc.)
 2. Elation as a solution
 3. Elation as denial
 4. Elation as frantic straw grasping
 5. Elation as one part of pendulum living way of life



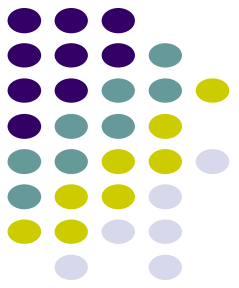


V. Separating the Problem

A. Facts About Depressed People:

1. Have become immobile in dealing with top priority problems
2. Only talk about the problem, never do anything about it
 - a. Proverbs 10:19
 - b. Acts 20:20
3. Unbiblical check points
4. Feeling orientation—contrast 1 Corinthians 9:27
5. My situation is unique—1 Corinthians 10:13

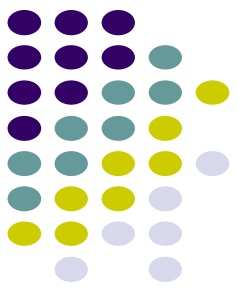
V. Separating the Problem



B. Presentation Problem

1. Their understanding of the problem—often they do not even realize how severe their depression is.
2. Example—“I’m tired most of the time. I cry a lot. I’m nervous. I never get anything done. My husband just doesn’t understand me and yells at me.”
3. Note—This information is presented by the counselee as the cause of the problem, but the counselor must see this as the effect rather than the cause.
4. Proverbs 20:5

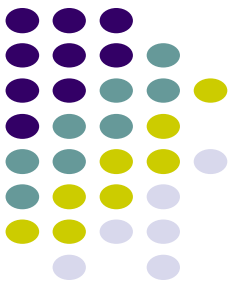




V. Separating the Problem

c. Performance Problem

1. Look for thinking and actions producing the feelings.
2. Example—“I’ ve stopped work. The ironing is not done. Dishes are in sink. I’ m not preparing meals any more. My husband is yelling.”
3. Note—Part of the cause of depression is that performance has ceased to be right; consequently, feelings are not right.
4. Look for wants, desires, idols



V. Separating the Problem

D. Pre-Conditioning Aspect

1. How far back does the problem extend? What habits have been formed that make it easy to respond as they are now?
2. Example—“I started tapering off on my housework three years ago.” Discouraged in her marriage, she formed an “I don’t feel like it” approach to her work. Now she only talks about problems.

Adversity, Hardship, Set Backs

Sinful Responses

Bad Feelings

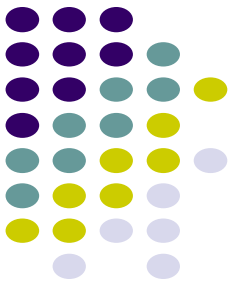
Greater Sinful Responses

Increased Bad Feelings

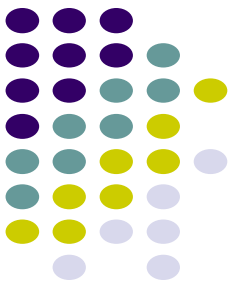
Greater Irresponsibility

Abject Despair, Suicidal

VI. How Not to Handle Depressed Persons



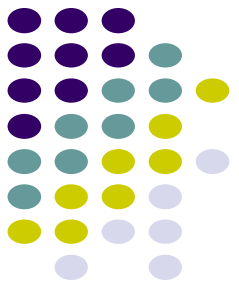
- A. Only be supportive = God has no answers
- B. Minimize thoughts of hostility and guilt = Counselor does not understand
- C. Note: Both A and B fail to treat the counselee as responsible before God and thus remove hope. When hope is gone the depression leads to despair and then to suicide.



VII. Helping the Depressed

A. Get Plenty of Information.

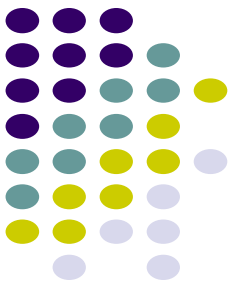
1. To know the problem
2. To gain involvement
3. Use journals
4. Make sure there has been a recent medical check-up



VII. Helping the Depressed

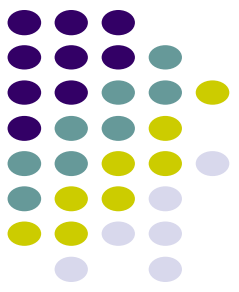
- B. Explain the Dynamics of Depression and How They Lead Into the Downward Spiral.
1. Study lives of Cain, Saul, Elijah
 2. Give much hope.
 - a. 1 Corinthians 10:13; 2 Peter 1:3
 - b. They will live on your hope for awhile.





VII. Helping the Depressed

3. Replace Old Habits with Biblical Habits.
 - a. Desiring (motives)
 - b. Thinking
 - 1) I can't—You haven't learned how to yet.
 - 2) I'm no good—You have Christ's righteousness.
 - 3) I'm lonely—Alone, but you chose to be lonely
 - 4) I stutter—Exodus 4:10–12
 - c. Actions—Get the depressed person sweating physically and spiritually.



VII. Helping the Depressed

D. Reverse the Spiral

1. Right desires (motives)

2. Right thinking

a. Romans 6:11

b. 1 Corinthians 6:9-11

3. Confess, deal with idols

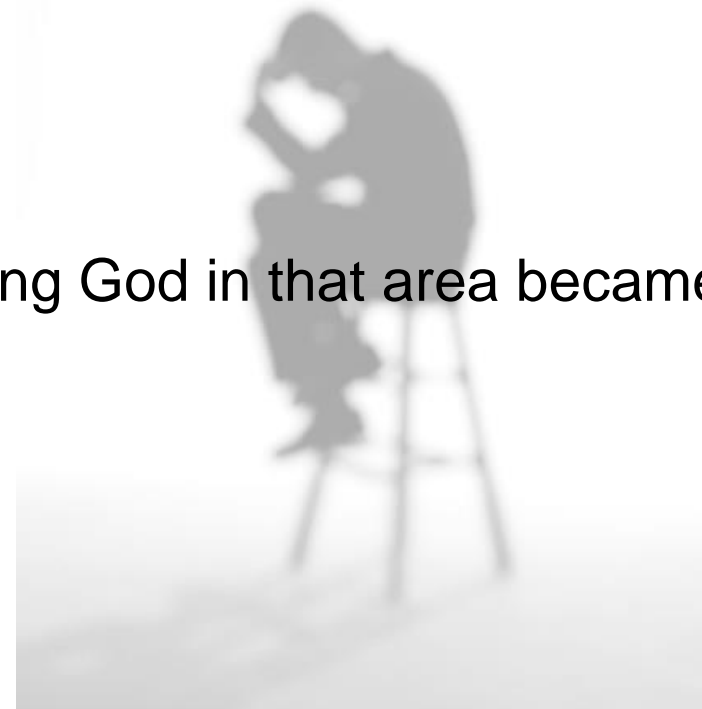
What did you want so badly that pleasing God in that area became unimportant?

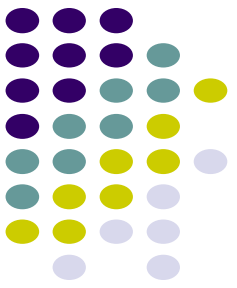
4. Right doing, regardless of feelings

a. John 13:17

b. James 1:25

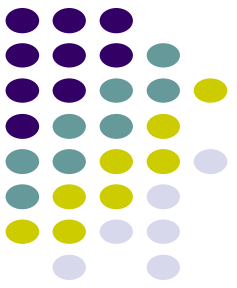
c. Luke 9:23





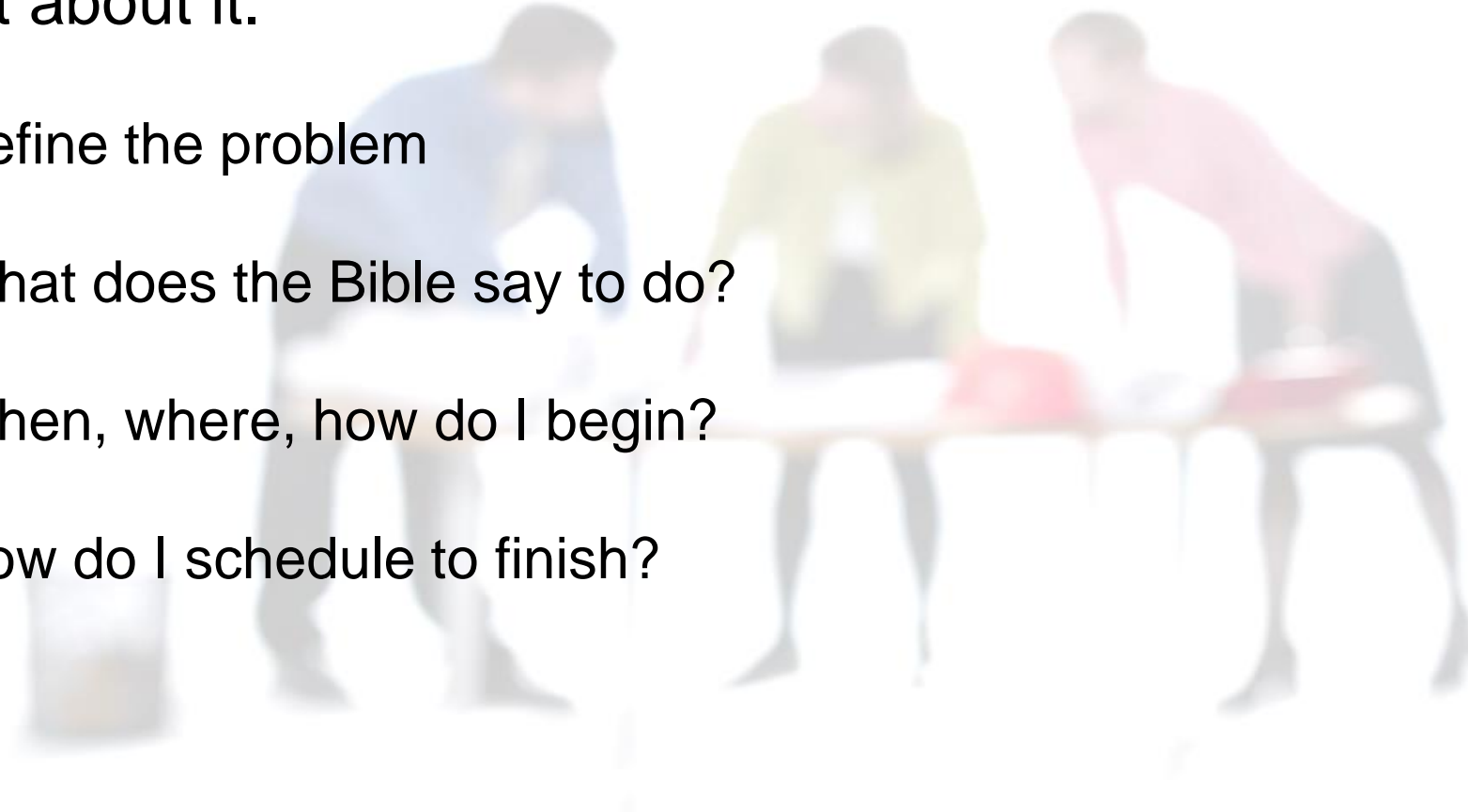
VII. Helping the Depressed

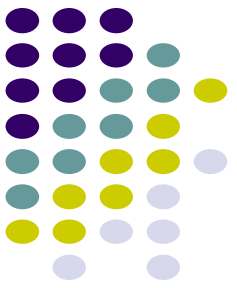
5. Get others to encourage you and to watch for excuses for not doing.
6. If you get behind, allow yourself no privileges until you get caught up. (TV, visits, computer, etc.)
7. Find a neighbor or friend to work with you.
8. Studiously avoid all daydreaming, TV watching, and self-pity parties. When you see this developing, get to work.



VII. Helping the Depressed

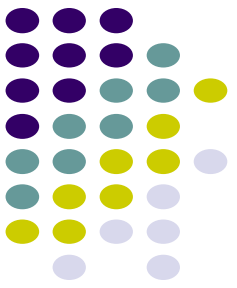
9. Address yourself to the real cause of these down feelings and do right about it.
 - a. Define the problem
 - b. What does the Bible say to do?
 - c. When, where, how do I begin?
 - d. How do I schedule to finish?





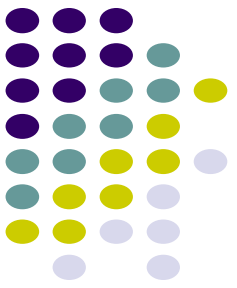
VII. Helping the Depressed

- E. Ideas for Ministering to the Depressed Person in a Holistic Way
 - 1. Physically
 - a. Prescribe appropriate activity, exercise
 - b. Nutritionally: check out diet; give information or enlist the help of a dietitian
 - c. Sleep: regularity; relaxation exercises, breathing exercises, counsel about sleep problems
 - d. Counsel/information about medications, coffee, tea, chocolate and other stimulants or depressants
 - e. Help of medical people for physical infirmities



VII. Helping the Depressed

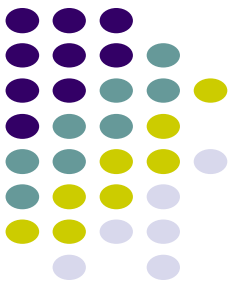
2. Theologically
 - a. Chapters from *Spiritual Depression: Its Causes and Cure*
 - b. *Knowing God*, J.I. Packer
 - c. Bible book studies or topic studies (concordance or prepared) on God's grace, love, faithfulness, etc. and how it applies
 - d. *Trusting God*, Jerry Bridges
 - e. *Forgiven Completely*, C. John Miller
 - f. *Repentance and the Twentieth Century Man*, C. John Miller
 - g. *Out of the Blues: Dealing with the Blues of Depression and Loneliness*, Wayne Mack



VII. Helping the Depressed

3. Cognitively

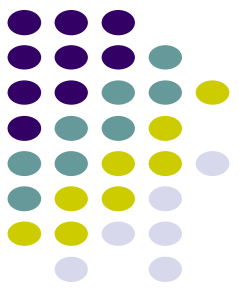
- a. Thought Journals
- b. *You Can Overcome Despondency*, Wayne Mack
- c. ACBC (or other) downloads on depression, anger, stress, fear, anxiety, loneliness, biblical approach to problem solving, contentment, strengthening your faith, prayer, hope, etc.
- d. Resources in Christ study
- e. Adams booklets, *Christ and Your Problems*, *Godliness Through Discipline*
- f. Selected chapters from *Spiritual Depression*
- g. Selected studies from *Homework Manual, Vol. 1*
- h. Think list based on Phil. 4:8
- i. Stop cards
- j. Scriptural devotional reading, memorization, meditation



VII. Helping the Depressed

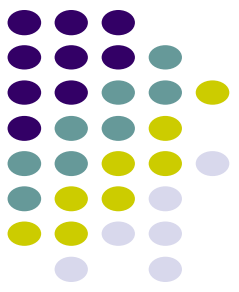
4. Behaviorally

- a. Weekly projected and completed schedules (notes p. 50, 51); Mastery Journal
- b. Graded task assignments
- c. Do lists
- d. Responsibilities list and record
- e. Appropriate studies from *Homework Manual, Vol. 1*
- f. “What to Do About Depression,” Adams’ pamphlet
- g. Profitable Things or Serve Journal
- h. Behavioral rehearsal or role plays
- i. Proverbs study on behavior, work, etc.
- j. *Four Weeks With God and Your Neighbor*, Adams



VII. Helping the Depressed

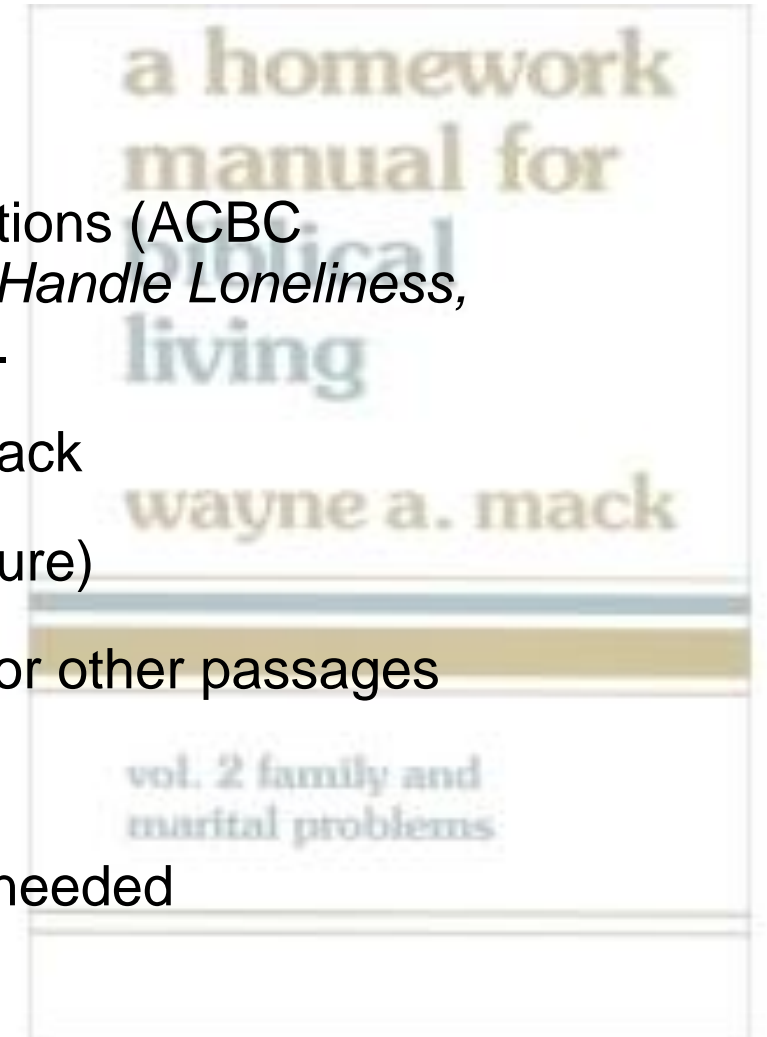
5. Emotionally (Desires and feelings)
 - a. Weekly Completed Schedule, Pleasure Evaluation
 - b. Mood Rating Journal
 - c. Thought, feeling journals
 - d. Limited time period when emotions may be expressed appropriately
 - e. Appropriate assignments on various emotions from *Homework Manual, Vol. 1*
 - f. *Make Fun or Pleasure list*
 - g. Do at least 2 things on Pleasure list every day and evaluate pleasure on a scale of 0–10
 - h. Assign appropriate tapes on various emotions as listening assignments (ACBC downloads)
 - i. Praise or rejoice list
 - j. Selected chapters from *Spiritual Depression*
 - k. *Defeating Despair and Depression*, Nortveldt
 - l. Concordance study on emotions or feelings

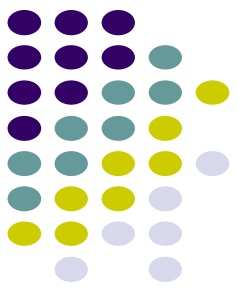


VII. Helping the Depressed

6. Socially/Relationally

- a. Appropriate studies from *Homework Manual, Vol. 1*
- b. Appropriate tapes or CDs on social, interpersonal relations (ACBC resources), *Getting Along With Other People, How to Handle Loneliness, Developing An Attitude of Gratitude, Servanthood, etc.*
- c. *You Can Overcome Interpersonal Conflicts, Wayne Mack*
- d. Reciprocal Commands Study (one another's in Scripture)
- e. Study of interpersonal, social relations from Proverbs or other passages
- f. Bible study of fellowship and friendship
- g. Skills training in interpersonal relating in areas where needed
- h. Meaningful Contact Journal





VII. Helping the Depressed

7. Motivationally/Telicy

- a. Make a list of all the benefits that will result from change and the misery or disadvantages of not changing; list biblical reasons for believing that you can change
- b. Resources in Christ study
- c. Promises of God study
- d. Hope study (*Living a Life of Hope*, Nathan Busenitz)
- e. Study on God's Purpose for Living
- f. Study on the Purposes of Trials, Suffering
- g. Write out a commitment to persevere in working on changing statement
- h. Appropriate chapters from *Spiritual Depression; Defeating Despair and Depression*, Nortveldt