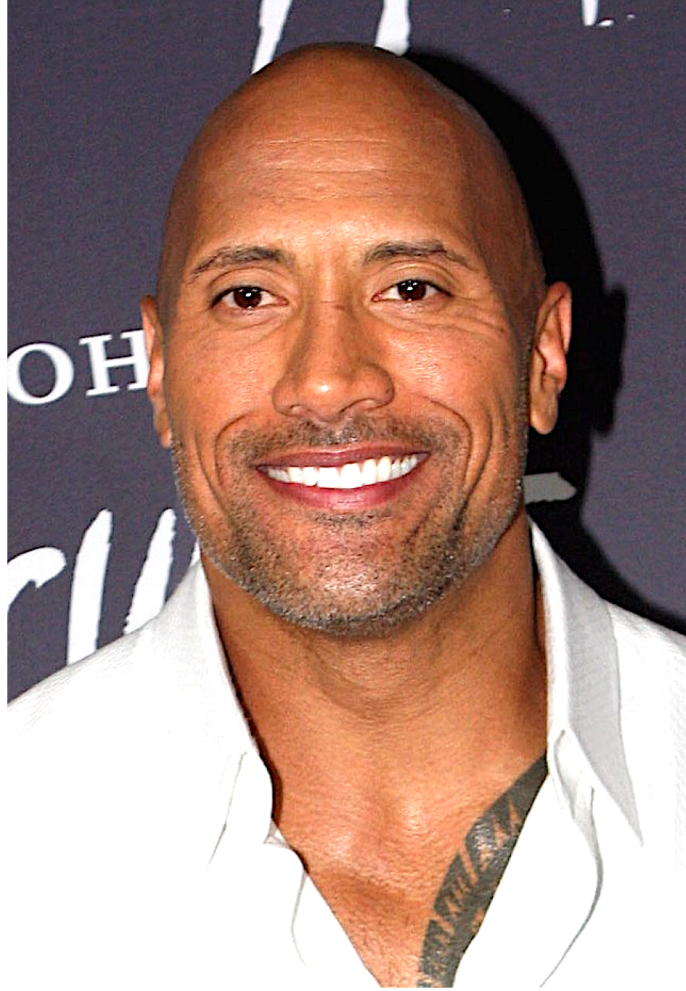


# Our Hope in Depression



**Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.**

CS Lewis

# Our Hope in Depression

- **Psalm 38**

- **What is depression?**
- **How do we respond to depression?**  
**Individuals/church/medical professionals**
- **What hope do we have as Christians in depression?**



# What is Depression?

Feeling low and sad is normal and common

Clinical depression is rarer, and can be mild- severe

What is  
depression?

- *Persistent sadness or low mood; and/or loss of interests or pleasure (anhedonia) on most days for 2 weeks with some of the below symptoms:*

- lethargy/fatigue
- disturbed sleep
- poor concentration or indecisiveness
- low self-confidence
- poor or increased appetite
- **suicidal thoughts or acts**
- agitation or slowing of movements
- guilt or self-blame

# What is depression ? V1-3

- **Sin?**
- **Life Events**
- **Physical Illness**
- **Negative Core beliefs**
- **Christian tendencies**

*Therefore, there is now no condemnation for those who are in Christ Jesus*

*Romans 8:1*

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*1 John 1:9*

*The LORD is close to the brokenhearted and saves those who are crushed in spirit*

*Psalms 34:18*

What is  
depression ?  
V4-14

- **4- 'my guilt has overwhelmed me'- – guilt.**
- **6 'I am utterly bowed down and prostrate, all day long I go around mourning' – depressed mood.**
- **8 'I am utterly spent and crushed: I groan because of the tumult in my heart' – despair, anxiety.**
- **10 'My heart throbs, my strength fails me: as for the light of my eyes – it has gone from me' – increased heart rate due to anxiety, anergy, anhedonia**
- **13 'But I am like the deaf I do not hear: like the mute who cannot speak –**
- **14 'Truly I am like one who does not hear and in whose mouth there is no retort' – sensory inattention, inability to concentrate, with depressive mutism**



***Lesson 1:***

***Depression/mental health  
is a complex interaction  
between mind, body and  
spirit***

## How should we respond to depression? V15-21

- **Patience**
- **Prayer**
- **Obedience**
- **Repentance**

*Son though he was, he learned obedience from what he suffered*

*Hebrews 5:8*

*Not only so, but we also glory in our sufferings, because we know that suffering produces*

*perseverance; perseverance, character; and character, hope. Romans 5:3-5*

***Lesson 2:***

***We should respond to  
depression by  
maintaining our  
relationship with God***

How should we respond to depression?

- **Speak to others**
- **Sleep, exercise, diet, relax**
- **Keep going but manage commitments**
- **Get help for life issues**

# How should we respond to depression as a church ?

- **Prayer**
- **Listen and be sensitive**
- **Avoid over dependence and involve others including medics when needed**
- **Avoid unhelpful remarks eg Job's friends**

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

*2 Corinthians 1:3-4*

*So that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.*

*1 Corinthians 12:25-26*

# How should we respond to depression as medical professionals ?

- **Assess including risk**
- **Holistic support of health and wellbeing**
- **Psychological therapy**
- **GP support**
- **Crisis team support and mental health services**

### ***Lesson 3:***

***We should respond to depression by seeking help from the church and professionals***

What hope do we  
have as Christians  
in depression?

v22

Our salvation  
through Christ

God's  
promises



## What hope do we have as Christians in depression? v22

*Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials*

*1 Peter 1:3-6*

***Lesson 4:***

***In our depression, we  
have the eternal hope of  
salvation through our  
Lord Jesus Christ.***

# Summary

- **Depression/mental health is a complex interaction between mind, body and spirit**
- **We should respond to depression by maintaining our relationship with God**
- **We should respond to depression by seeking help from the church and professionals**
- **Even in our depression, we have the eternal hope of salvation through our Lord Jesus Christ**