



Chapter 5: Diagnosis Doesn't Cure

Ungenerous suspicions still remain

58: "Shouldn't you be over it by now?"

- In the eyes of many people, including Christian people, depression signifies cowardice, faithlessness or a bad attitude.

Depression is a kind of mental arthritis

- 59: According to Charles, trite sayings and quick fixes will not work...

Unknown causes and simplistic words

- 61: [even with a diagnosis], the true cause remains hidden.
 - "Why are you cast down, o my soul? And why are you disquieted within me?"
- 63: In short, try to remember this. Diagnostic words like "depression" are invitations, not destinations. Once you've spoken them, your travel with a person has begun, not ended.

There are no one size fits all diagnoses

- 63: If sufferers from depression encounter us seeing them as a category, they disbelieve that we see them at all.
- 64: If our hope is trite, those who've suffered long enough to get let down by all the answers that people have offered them along the way, will see through to the emptiness of the hope we offer them.

What do we learn? (64)

- For the sufferer, causes and cures may evade you for a while.
- For the caregiver, our ability to help is real but also limited.

Chapter 6: A Language for Our Sorrows

The Bible uses metaphors to aid the sorrowing

- Andrew Solomon: Since depression is a condition that is almost unimaginable to anyone who has not known it, its diagnosis depends on metaphors.
- e.g Psalm 88:3-7; Psalm 69:15

Metaphor can handle the mystery

- 71: You and I need a language of sorrows and God teaches it to us.

Poetry from God for our sorrows

- E.g. Isaiah 9:2 (ESV) — 2 The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.
- [The sufferers] are given a voice. Such a God-story is neither cruel nor trite. Such a story begins to reveal the sympathy of God.

Next Steps

1. What kinds of examples does Eswine give of “ungenerous suspicions” regarding those going through depression? (58)
2. What does Eswine mean by “Diagnostic words like “depression” are invitations, not destinations.”? (63)
3. What is the value of using metaphors to describe our sorrows (69-70)?
4. What does the language of sorrow in the Bible reveal about God? (73)