

SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

DEPRESSION: WHEN THE DARKNESS WILL NOT LIFT

- **What 'Depression' is *Not***
 - Grief/Sadness
 - Disappointment
 - Self-pity
 - Shame
 - Catastrophizing
 - Social/Emotional Weakness
 - Faithlessness
- Depression can be brought on by and involve all of these things but is not identical to any of them.



WHAT 'DEPRESSION' IS

- **The Challenge of Phenomenological Language**
 - Those who have not experienced depression cannot directly relate to those who have—think of someone who cannot see the red-light spectrum.
 - Understanding this is important—you risk frustrating yourself coming alongside those fighting depression if you don't accept this.
- **A Spectrum**
 - “Depression” can range from consistent low-mood (feeling “blah”) all the way to deep, crippling inability to function in life
- **When Words Are Insufficient: Metaphors and Figurative Language**
 - Heaviness (Ps. 34:17-18; 88:6-7)
 - Darkness (Ps. 88:6-7, 18; Ps. 143:3)
 - Despair/Hopelessness (Ps. 69:20; 143:4; 22:1-2)
 - Emptiness/Purposelessness (Eccl. 2:14-16; Ps. 119:28)



WHY DO PEOPLE SUFFER FROM DEPRESSION? – A COMPLEX BEAST

- **The Impact of the Fall—the Most General Cause**
 - Even when depression is not the result of personal sin or sin done to us, it is still a painful, miserable specter that will not be present in the new creation (Rev. 21:4)
- **Indwelling Sin—just a few examples**
 - Pride
 - Selfishness
 - Unrepentant sin
- **Our Circumstances—just a few examples**
 - Sinful actions done to us (Ps.13:2)
 - Relational brokenness (Phil 2:27)
 - Dashed dreams and expectations
 - Fearfulness (Psalms)
 - Physical pain (Job 2:13)



WHY DO PEOPLE SUFFER FROM DEPRESSION? – A COMPLEX BEAST CONT.

- **Our Bodies (Christian Dualism—Job 2:13)**
 - **Genetics**
 - High hereditary correlation in moderate-severe depression-sufferers
 - **Chemicals**
 - Vitamin D, Hyper(o) Thyroid, Serotonin/Dopamine, Iron etc.
- **Our Beliefs**
 - Distorted thinking about ourselves, God and the world always leads to distorted feelings—this point cannot be overemphasized.
- **Our Behaviors**
 - Sleep
 - Diet
 - Schedule
 - Exercise
- There is no one element that is “the cause” of depression; it is a complex beast and most people who experience depression do so for a combination of the above reasons.

