

**Overcoming The Winter Blues      class handout      February 28, 2021**

Definitions and distinctions between the blues and depression.

Three basic “first aid” hope treatments

What to remember about your blues/depression

What to do in order to keep on overcoming your blues/depression

1 Corinthians 15:33, Proverbs 22:24,25: 14:7, Galatians 6:1, Hebrews 3:12, 13; 10:24,25

People who have suffered from depression: Winston Churchill, Abraham Lincoln, Charles Haddon Spurgeon, Pablo Picasso,

What depression can feel like. Quotes from *Darkness Visible: Memoir of Madness*, by William Styron, 1990.

Comforts from Ed Welch’s booklet, “Depression: The Way Up When You are Down” P&R Publishing, 2000.

Helps from booklet “Thankfulness Even When It Hurts” by Susan Lutz, a PCA pastor’s wife, P&R Publishing, 2002.

Books on Depression:

*Confessions*, Augustine.

*A Lifting Up Of The Downcast*, Unknown Puritan.

*Spiritual Depression, Its Causes + Cure*, D. Martin Lloyd-Jones, Eerdman’s, 1965

*The Anatomy of Melancholy* 1621.

*Darkness Visible*, William Styron, Random House, 1990.

*The Masks of Melancholy*, John White, IVP, 1982.

*When God Seems Far Away: Biblical Insight for Common Depression*, Mark R. Littleton, Harold Shaw Publishers, 1987.

*The Price of Success*, J. B. Phillips, contains a chapter on depression.