



## Helping Those Suffering with Depression

### Additional Notes:

### Introduction

1. Statistics indicate that many Americans \_\_\_\_\_ themselves as depressed

“The incidence rate of depression for those born after 1950 is as much as twenty times higher than the incidence rate for those born before 1910.” (James Buie, “‘Me’ Decades Generate Depression,” *APA Monitor*, Feb. 1991, 18, referred to in Ed Welch, *Depression: A Stubborn Darkness*, 113)

2. Depression can be very \_\_\_\_\_ because it is used to describe many different things
3. Those who are depressed often speak of pain, darkness, numbness, and worthlessness as their constant \_\_\_\_\_.

“I felt like I was walking through a field of dead flowers and found one beautiful rose, but when I bent down to smell it I fell into an invisible hole.” (Ed Welch, *Depression: A Stubborn Darkness*, 21)

“I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth.” (Ed Welch, *Depression: A Stubborn Darkness*, 22)

4. One cannot \_\_\_\_\_ on the medical model’s explanation for the cause of depression
  - a. Consider how depression is diagnosed in the current DSM
  - b. Understand what scientific research to this point is saying

### I. \_\_\_\_\_ the depth of your counselee’s suffering with depression

“Contrary to what we might think, God says that strong faith can coexist with emotional highs, lows, and everything in between. It is a



myth that faith is always smiling.” (Ed Welch, *Depression: A Stubborn Darkness*, 31)

### A. Ask questions to gain further information

- About the \_\_\_\_\_ of their depression
- About \_\_\_\_\_ history
- About challenges or \_\_\_\_\_
- About what made those challenges particularly devastating
- About how they chose to \_\_\_\_\_ to those challenges
- About \_\_\_\_\_ in the way they have handled challenges or difficulties
- About the role of the \_\_\_\_\_ in their life

### B. Allow them to \_\_\_\_\_ their frustrations, fears, worries, and disappointments

**Psalm 13:1-2** *How long, O LORD? Will You forget me forever? How long will You hide Your face from me? <sup>2</sup> How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?*

### C. Exercise \_\_\_\_\_ through these initial data gathering stages

“There are paradoxes in most depression. You loathe the isolation of depression, but you avoid other people. You want help, but you don’t always listen. You believe there is a God, but you feel like an atheist.” (Ed Welch, *Depression: A Stubborn Darkness*, 45)

1. This might require a slower counseling pace
2. This might require more \_\_\_\_\_ time in the counseling room than normal
3. \_\_\_\_\_ them with hopeful passages

**Psalm 23:1-3** *The LORD is my shepherd, I shall not want. <sup>2</sup> He makes me lie down in green pastures; He leads me beside quiet waters. <sup>3</sup> He restores my soul; He guides me in the paths of righteousness For His name’s sake.*

## Additional Notes:



**Psalm 42:5** *Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.*

**Additional Notes:**

**II. Demonstrate, biblically, the \_\_\_\_\_ and \_\_\_\_\_ found in one’s relationship to Christ**

**A. Explain that depression is not something that merely \_\_\_\_\_ to the counselee**

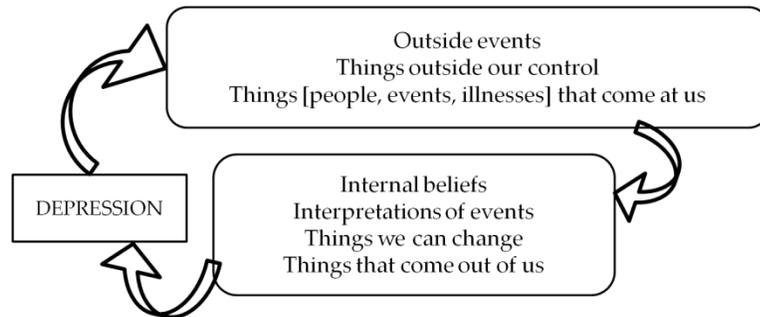


Figure 11.1. The Development of Depression.

(Diagram from Ed Welch, *Depression: A Stubborn Darkness*, 106)

**B. \_\_\_\_\_ the counselee to the many passages and people in the Bible where depression is found**

1. There is hope to handle life in a biblical fashion

**1 Corinthians 10:13** *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

**Philippians 4:13** *I can do all things through Him who strengthens me.*

**Romans 8:31-35** *What then shall we say to these things? If God is for us, who is against us? <sup>32</sup> He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? <sup>33</sup> Who will bring a charge against God’s elect? God is the one who justifies; <sup>34</sup> who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. <sup>35</sup> Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?*



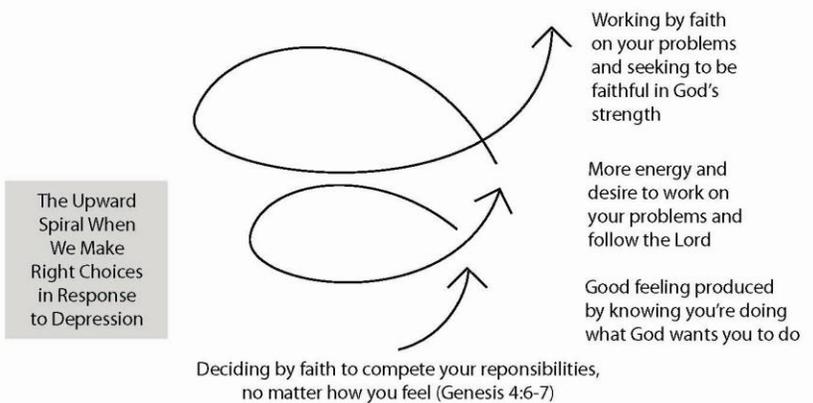
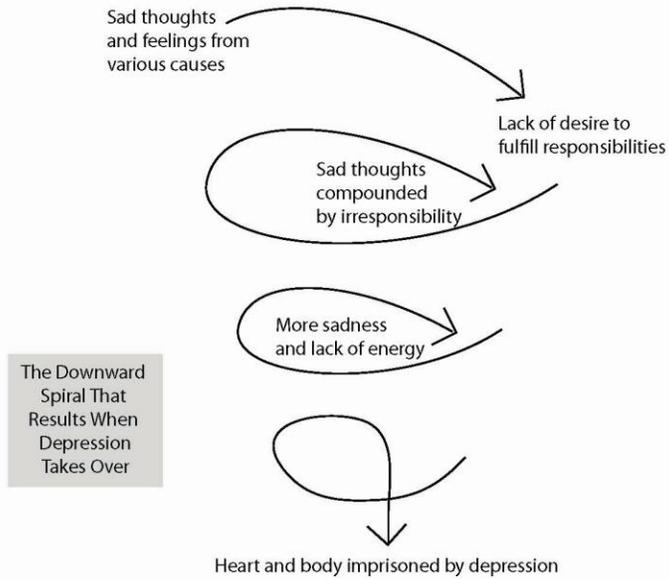
2. There are Biblical examples of individuals who struggled with despair

a. \_\_\_\_\_ in Genesis 4

b. \_\_\_\_\_ in I Kings 19

**Additional Notes:**

**DEPRESSION CYCLES**



(Diagram from Fitzpatrick and Hendrickson, Will Medicine Stop the Pain?, 114)



### C. Encourage them to \_\_\_\_\_ like Christ and be \_\_\_\_\_ by Christ

1. \_\_\_\_\_ right thoughts about God, sin and self

**Romans 6:11** *Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.*

**1 Corinthians 6:9-11** *Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, <sup>10</sup> nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. <sup>11</sup> Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.*

**Philippians 4:8** *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

2. Foster a \_\_\_\_\_ heart and life

**Ephesians 5:18-21** *And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, <sup>19</sup> speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; <sup>20</sup> always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; <sup>21</sup> and be subject to one another in the fear of Christ.*

3. \_\_\_\_\_ the gospel to oneself
4. Seek to perform tasks even though it is hard

**Philippians 4:9** *The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.*

**Luke 9:23** *And He was saying to them all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.*

#### Additional Notes:



Depressed individuals generally have stopped doing many of the following things in response to their mood. Gradually and purposefully resuming them is essential. The following list is not exhaustive but includes things that are often neglected.

- Normal activities of daily living including sleep, hygiene, personal hygiene, dress, work, housework, the responsibilities of marriage, and parenting.
- Normal activities essential to spiritual growth including church attendance, small group, daily Bible reading, scripture memory, prayer, fellowship, and Christian service.
- Social engagements with neighbors, friends, loved ones and relatives.

#### D. Explain the \_\_\_\_\_ for life in Christ

**2 Corinthians 5:9-10** *Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. <sup>10</sup> For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.*

**Romans 8:28-29** *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. <sup>29</sup> For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren.*

**Galatians 5:22-23** *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law.*

### III. Demonstrate, \_\_\_\_\_, how their sin may have contributed to their depression

Depression has a suffering component. But it is often complicated by thoughts and actions that are against the Word of God. Our depressed counselees would be helped by learning how to deal with their sin at the proper time in the counseling process. Sins that are often contributing factors to depression include:

#### Additional Notes:



**A. When the counselee has been gripped by \_\_\_\_\_**

*Psalm 56:3 When I am afraid, I will trust in you.*

**B. When the counselee uses \_\_\_\_\_ in an unbiblical way**

*“To angry people, God says, “Confess your selfish anger; trust me and obey.” (Ed Welch, *Depression: A Stubborn Darkness*, 162).*

**C. When \_\_\_\_\_ dominates the counselee’s thoughts**

*Matthew 6:33-34 But seek first His kingdom and His righteousness, and all these things will be added to you. <sup>34</sup>So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

**D. When normal \_\_\_\_\_ over loss has become life dominating**

**E. When \_\_\_\_\_ is not resolved and it becomes oppressive**

*Proverbs 28:13 He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.*

*Proverbs 28:1 The wicked flee when no one is pursuing, But the righteous are bold as a lion.*

**F. When a person cannot seem to shake an event (or multiple events) from the \_\_\_\_\_**

**G. When a counselee comes to the conclusion that he or she will not attain their life goals**

*1 Corinthians 1:26-31 For consider your calling, brethren, that there were not many wise according to the flesh, not many mighty, not many noble; <sup>27</sup> but God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, <sup>28</sup> and the base things of the world ...<sup>31</sup>“LET HIM WHO BOASTS, BOAST IN THE LORD.”*

**IV. Common questions regarding depression**

1. Is the \_\_\_\_\_ to help depressed persons \_\_\_\_\_ better?
2. Is a chemical imbalance the \_\_\_\_\_ of depression?

**Additional Notes:**



3. How should a person \_\_\_\_\_ whether to take antidepressants given the risks and the benefits?
4. How should you \_\_\_\_\_ if a depressed person threatens to commit suicide?

### Additional Notes:

### V. Sample \_\_\_\_\_ assignments for depressed persons

#### **Recommended Resources**

Adams, Jay E. *The Christian Counselor's Manual*. Grand Rapids: Zondervan, 1973.

Fitzpatrick, Elyse Fitzpatrick & Hendrickson, Laura. *Will Medicine Stop the Pain?* Chicago: Moody, 2006.

Mack, Wayne. *Out of the Blues*. Bemidji, MN: Focus, 2006.

Welch, Edward T. *Depression: The Way Up When You are Down*. Phillipsburg, NJ: P & R Publishing, 2000.

Welch, Edward T. *Depression: A Stubborn Darkness*. Greensboro, NC: New Growth Press, 2004.