

Good Mood Bad Mood: Hope in Depression

Part One. Depression – what is it and how do we treat it?

1. First, a definition: What does medical science call depression?
 - a. DSM5 criteria. Making diagnoses with rating scales.
 - b. Understanding the suffering. Psalm 13, 42.

2. Knowing history keeps us from making the same mistakes.
 - a. Depression rates stable until around 1960.
 - b. Depression redefined in 1980. Exception for cause is changed in DSM 3.
 - c. Prozac introduced 1987.
 - d. Diagnosis of depression increased by 300% from 1987 – 1997.
 - e. Antidepressant use doubles from 1995 – 2005.
 - f. The chemical imbalance.

3. Who is affected?

4. After we diagnose, how do we treat?
 - a. Medication.
 - b. Psychotherapy, CBT, counseling.
 - c. Christian liberty, medicine, and Romans 14.

5. What if they are wrong? What if they are right? Humility in uncertain waters.

6. Normal vs. disordered sadness.

7. Medicine and the sufficient Scriptures.

8. Sadness as a Biblical model in depression. 2 Corinthians 7.
9. Hope in a person. John 11.
10. Hope in grace: Hannah. 1 Samuel 1,2.

Part Two - How we can help.

1. Listen and let them talk. Remember Jesus, Martha, and Mary.
2. Understand. Asking good questions helps
3. Take them to the sufficient Savior. Psalm 23, 42.
4. Help them make the connection between the events, thinking, behavior, and emotion. John 11, John 13:17, Nehemiah 1, 2:1-2, Genesis 4:1-5.
5. Finding hope in the sufficient Word to respond to normal sadness and medical problems. 1 Corinthians 10:13, Philippians 4:13, Romans 8:31-35.
6. Changing thinking. Moving our thinking to:
 - a. Truth! Philippians 4:8.
 - b. Gratitude. Ephesian 5:18-21.
 - c. Gospel. Preach it to ourselves. Romans 8:1.

7. Changing motive. 2 Corinthians 5:9, Matthew 22:37-39.
 - Moving from loss recovery to worship.

8. Changing actions. John 14:21, John 13, Philippians 4:9, Luke 9:23.
 - Work, exercise, Christian service.

9. Dealing with fear, anger, worry, guilt, grieving.



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