

PRESSED

WALKING OUT OF THE SHADOW OF DEPRESSION INTO THE LIGHT

SESSION 1

DEFINING DEPRESSION

Psalms 42:5-6,11; Psalms 43:5

DEFINING DEPRESSION

Proverbs 24:11-12

A. WHAT IS DEPRESSION?

Luke 21:34

- Depression literally means a _____ of being "pressed down" to a lower position (as in a footprint).
- Depression can refer to a _____ of decline and reduced activity (as in an "economic depression").
- Depression can describe an _____ heaviness that weighs down the heart. The apostle Paul used the Greek word *bareo*, which means "pressed or weighed down," to describe the immense emotional pressure and severe hardships that he and Timothy suffered at the hands of those who opposed Christ.

2 Corinthians 1:8-9

B. WHAT IS DEPRESSION IN THE WORLD OF PSYCHOLOGY?

Job 24:17

- **Depression** is the psychological _____ pertaining to the mental, emotional, and behavioral characteristics of a depressed person.

For Example: those engulfed in the dark waves of depression feel desperately alone and often blame God for their plight.

Psalms 88:18

- **Depression** is a psychological _____ in which the heart is pressed down and unable to experience joy. Those suffering with depression feel trapped underneath a dark, pervasive canopy of sadness, grief, guilt, and hopelessness.

Job 5:14

- **Depression** is a psychological _____ that impacts the whole person: body (the physical), soul (the mind, will, and emotions), and spirit (the source of our deepest inner needs). Many who are depressed feel as though this verse describes them . . .

Ecclesiastes 5:17

- Depression is an umbrella term that covers feelings ranging from discouragement to despair. No matter the degree of darkness, the Lord wants to us to rely on Him to provide light.

Psalms 18:28**C. WHAT ARE FOUR DIFFERENT DEGREES OF DEPRESSION?****Proverbs 13:12**

(The four types described below are not listed in this order in a diagnostic manual. They are intended to show the increasing negative impact of depression.)

1.) _____ Depression . . .

- Is sometimes called Situational Depression or Reactive Depression
- Is an involuntary _____ based on a reaction to painful life situations
 - Normal problems** of life press down the heart for a short period of time (for example, rejection, failure, illness).
 - Transitional stages** of life often press down the heart (for example, adolescence, empty nest, midlife crises, major moves, menopause, retirement).

When severe troubles fell upon God's servant Job (the death of all his children, the destruction of all his possessions), one of his friends observed Job's understandable depression.

Job 4:5**2.) _____ Depression . . .**

- Is hidden depression (for example, repressed memories of physical, sexual, verbal, or emotional abuse)
- Is a state of _____ sadness based on unresolved, **buried** conflict
 - Painful feelings are denied or covered up; therefore, recovery takes longer because of failure to work through the pain.
 - Relief from emotional pain is unconsciously found in excessive busyness, activities, addictions, or other alternatives.

The Bible describes how hidden hurts still result in heartache. . . .

Proverbs 14:13**3.) _____ Depression . . .**

- Is a minor mental and emotional *Depressive Disorder* classified as *Adjustment Disorder with Depressed Mood*, meaning that the depression results from failure to adjust to a distressing situation.

—A person with _____ has a disorder, meaning that normal activities of daily living are impaired.

—A person with any Depressive Disorder has "clinical depression"—the need for diagnosis and treatment based on direct, ongoing observation.

- Is a _____ state of sadness lasting longer than the normal time frame expected for emotional recovery—based on "stressors" (for example, loss of an endeared relationship, a financial or work crisis, retirement)

—Symptoms interfere with normal work and social functioning.

—The cause can usually be traced to an identifiable, precipitating event.

The Psalm reflect the pain of prolonged sorrow. . . .

Psalms 13:2

4.) _____ Depression . . .

- Is the most _____ type of depression under the classification major Depressive Disorder (MDD)

- Is based on dissociation or a loss of contact with reality

—A psychosis is an _____ state of depression.

—A psychosis is usually accompanied by hallucinations and/or delusions, making those who are psychotic a potential danger to themselves and/or others.

Those afflicted with a psychotic depression can identify with the terror, despair, and skewed perspective described in this Psalm . . .

Psalms 102:3-4,7,9,11

Continued Next Week: Is depression a result of sin?

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D. WHAT ARE THE THREE DIVISIONS OF MOOD DISORDERS?

Every year, new maladies, as well as new medicines, come on the scene. So, how "new" is depression? As far back as the fourth century BC, the famous physician Hippocrates gave the first clinical description of "melancholia," including the erratic mood swings of what is called Bipolar Disorder today. Yet over 500 years earlier, the psalmist King David gave this vivid description of his emotions during one of the most severe storms in his life . . .

Psalms 55:2,4-8

1.) Depressive Disorders, also called Unipolar Depression

- Unipolar is primarily characterized by one extreme, emotionally-low state of depression.
- Unipolar (uni = one, polar = pole) refers to "one extreme end."
- Unipolar Depression is the most common type of Mood Disorder.
- Unipolar in the psychological community is subdivided into three types: Major Depression Disorder (MDD), Dysthymic Disorder, and Depressive Disorder Not Otherwise Specified.

When there is continual depression, those with distressed hearts could understandably pray . . .

Psalms 31:9

2.) Bipolar Disorders, formerly called Manic-Depression

- Bipolar Disorders are characterized by alternating patterns of extreme emotional highs and lows—mania and depression.
- Bipolar (bi = two, polar = pole) refers to "two opposite ends."
- Bipolar episodes of mania (an excessively elevated mood) can appear positive and productive to outsiders; however, true mania is negative because it usually leads to destructive decision-making, such as buying sprees, impulsive decisions, reckless driving, foolish investments, and immoral behavior.
- Bipolar is subdivided into four types: 1) Bipolar I Disorder, Bipolar II Disorder, Cyclothymia, and Bipolar Disorder Not Otherwise Specified.

When the heart is distressed because of a bipolar disorder, it can be natural to cry out to God for help as the psalmist did

Psalms 77:1-4

3.) Mood Disorders Based on Etiology

- The word etiology means "cause" or "origin."

- The first type of etiological depression is:
 - Mood Disorder Due to a General Medical Condition
- This means that the unhealthy changes in the body due to illness cause psychological depression. For example, 20-40 percent of those with a neurological condition (Parkinson's, Huntington's and Alzheimer's diseases, Multiple Sclerosis, and/or stroke) develop a marked depression during illness.
- The second type of etiological depression is:
 - Substance-Induced Mood Disorder

This means that something entering the body causes depression. The substance could be medication, drugs, or exposure to a toxin (for example, alcohol, sedatives, birth control pills, medications to treat various diseases such as Parkinson's).

No matter the cause, the depressed person feels . . .
Psalms 38:8

E. IS DEPRESSION THE RESULT OF SIN?

This question cannot be answered with a simple yes or no. Although some people believe the answer is always yes, the accurate answer is sometimes yes and sometimes no.

- Depression is not a result of sin when . . .
 - Your heart grieves over normal losses. The Bible says,

Ecclesiastes 3:4

- Your body experiences natural deterioration due to the passing of years. Your body chemistry can change and become compromised. The Bible says,

2 Corinthians 4:16

- Depression can be a result of sin when . . .
 - You are depressed over the consequences of your sinful actions, and you don't attempt to change.
 - You don't take the necessary steps for healing (seeking biblical counseling, memorizing Scriptures, reading Christian materials, getting medical help when appropriate).
 - You hold on to self-pity, anger, and bitterness when you have been wronged, instead of choosing to forgive.

James 4:17

- You use your depression to manipulate others.
- You continually choose to blame God and others for your unhappiness.
- You are depressed because you choose to let others control you instead of choosing to obey Christ and allow Him to be in control of you.

—When we take the Lord's Supper in an unworthy manner (**1 Cor 11:30**).

Depiction of Jonah's Depression

Book of Jonah

Jonah's bout with depression is an example of situational depression that occurs as a direct result of sin. Jonah is a man called by God. Yet he ends up angry, pouting, and in the depths of depression. How does Jonah become so deeply depressed?

- Chapter 1: Disobedience

Jonah is called by the Lord to preach God's truth to the godless people of Nineveh. But Jonah rebels and boards a ship going in a different direction. When Jonah's disobedience brings repercussions on the ship's crew, he is rejected and literally thrown overboard.

- Chapter 2: Dread

Recognizing that the judgment of God is upon him to the point of losing his life (inside the belly of a great fish), Jonah cries out for mercy (**Jonah 2:2**). The Lord extends mercy and spares his life.

- Chapter 3: Declaration

Jonah resigns himself to obey God's call. He declares God's truth, and all the godless people of Nineveh repent.

- Chapter 4: Depression

Jonah becomes angry with God for extending mercy to those whom Jonah doesn't deem worthy of mercy. Ultimately, he plunges into a severe depression in which he is consumed with bitterness and despair to the extent of wanting to die (**Jonah 4:3**).

Then, filled with seething anger and self-pity, he makes this brief, poignant statement:

*But God said to Jonah, "Is it right for you to be angry about the plant?" "It is," he said. "**And I'm so angry I wish I were dead.**"* - Jonah 4:9