

Self-Confrontation

Matthew 7:1-5

Part 2

April 21 ~ July 21

Hobson Auditorium

Self-Confrontation



Week 18

Depression

Self-Confrontation (Week 18)

Depression

Depression is not a disease. While there are some organic malfunctions that may trigger feelings of depression, many symptoms and maladies defined as depression (whether short-lived or chronic) are the consequences of unbiblical habits and/or sinful reactions to circumstances and other people. Depression that stems from unbiblical living can be overcome as you deal biblically with your sins and purposefully live in a manner that is pleasing to the Lord. (SCM-318)

Self-Confrontation (Week 18)

Depression

Even if you feel depressed, you are still to live biblically. You are to edify others and glorify God in your thoughts, words, and actions at all times instead of obeying God's word only when you "feel like it." (SCM-319)

Purposes of this Lesson

1. To help you understand that depression does not provide an excuse for you to live in an unbiblical manner;
2. To remind you that depression may be experienced by anyone and must be dealt with from God's perspective and not from your own perspective or any other person's philosophies.
3. To Present a biblical plan to overcome depression.
4. To provide opportunity for you to help someone deal with feelings of depression through the continuation of a case study.

Self-Confrontation (Week 18)

Possible Factors in Depression

- 1. Sickness, childbirth, surgery and the recovery process, hormonal or chemical imbalances, organic dysfunctions, sleep loss, unhealthy diet, fatigue, menstrual cycle phenomena, or physical maladies.**
- 2. Unbiblical responses to situations of life such as: physical handicaps, job loss, divorce, death, or a loved one, loss of a relationship, financial difficulties, accidents, interpersonal conflicts, children leaving home at maturity, retirement, persecution, etc...**
- 3. Lack of biblical obedience with regard to: eating disorders, overwork, insufficient rest, improper sleep habits, substance abuse, lack of exercise, failing to complete responsibilities, lack of devotions, unfaithful prayer life, refusing to forgive others or be restored in personal relationships, lack of fellowship with other believers, etc...**

Self-Confrontation (Week 18)

Possible Factors in Depression

4. Unbiblical thought patterns, including: bitterness, worry, anxiety, envy, jealousy, self-pity, a spirit of unforgiveness, impatience, procrastination, lustful thoughts, holding grudges, prideful thinking, anger, or esteeming yourself above others.

What are we?:

A. Material and Immaterial

A. Material: Body

B. Immaterial: Spirit/Heart

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come (1 Timothy 4:8).

Sinner and Sufferer

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

I am to please God in all respects: Colossians 1:9-12

For this reason also, since the day we heard *of it*, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

All my trials produce endurance and usefulness to God:
James 1:2-3

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

My present struggle is an opportunity to display God's grace: Hebrews 4:14-16

Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

The word of God is my help: Psalm 19:7-11

The law of the LORD is perfect, restoring the soul;

The testimony of the LORD is sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb. Moreover, by them Your servant is warned; In keeping them there is great reward.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

God's power has fully equipped me: 2 Peter 1:3-4

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of *the* divine nature, having escaped the corruption that is in the world by lust.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

There is peace in Jesus Christ: John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

My trial is common: 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.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

God is at work for my good: Romans 8:28

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.

This trial has great benefits: Romans 5:3-5

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

**I must put off disobedience to God's word and put on living a disciplined faithfully obedient life:
Romans 6:11-14**

Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace.

Self-Confrontation (Week 18)

Scriptural Thought List: Depression

Depression is a feeling that need not keep me from glorifying God: 1 Corinthians 10:31

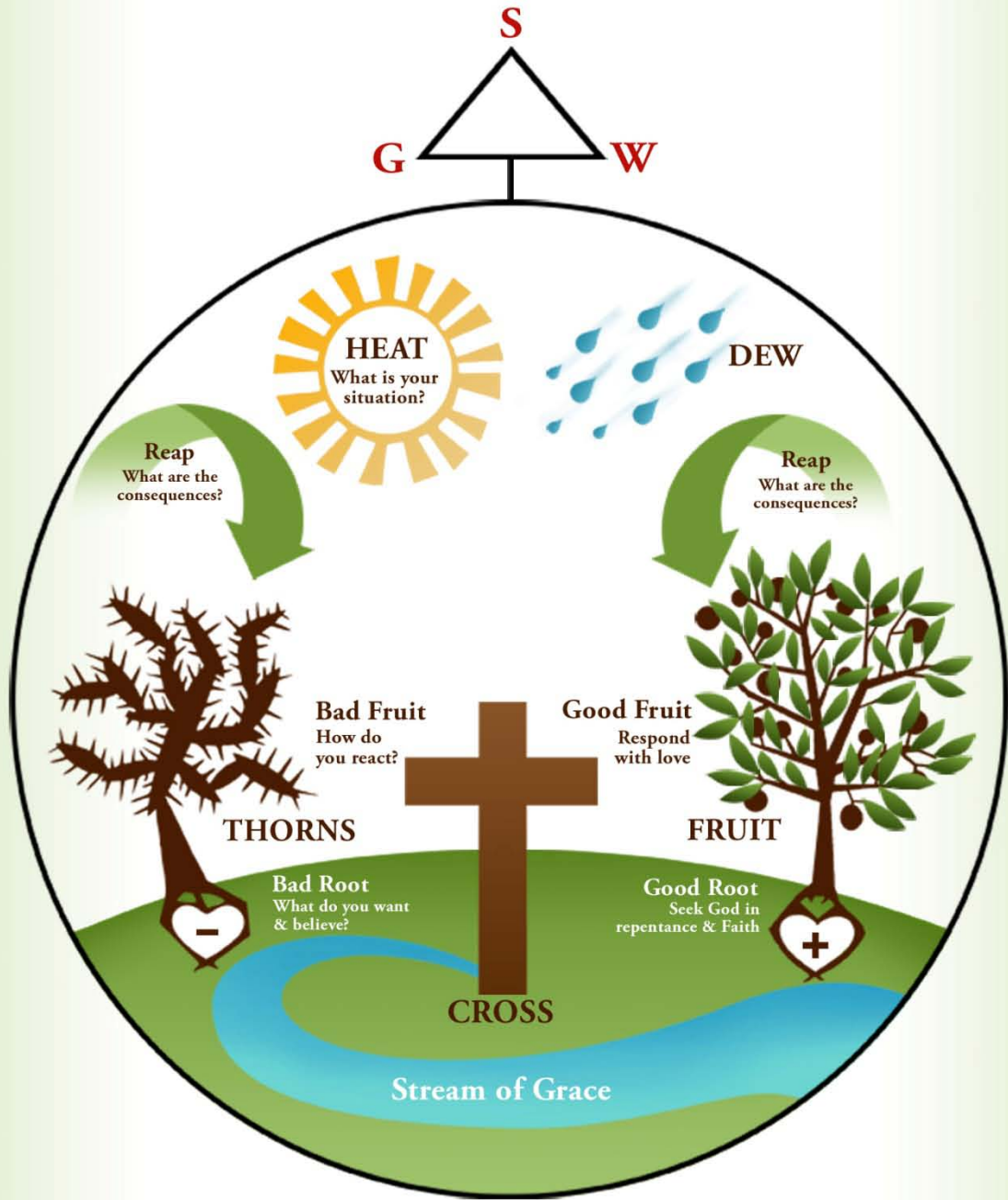
Whether, then, you eat or drink or whatever you do, do all to the glory of God.

By God's grace, I can and must consider my trials with joy: James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Get Together...

Consider together the case study of “Mary’s Husband has Left Her.” Using the downward spiral and Three Trees diagram, work to understand what is happening to Mary during this difficult time in her life.



Redeemer
Who is God and what does he say and do in Christ?

*diagram adapted by Robert D. Jones from Paul David Tripp, Timothy Lane, How People Change.



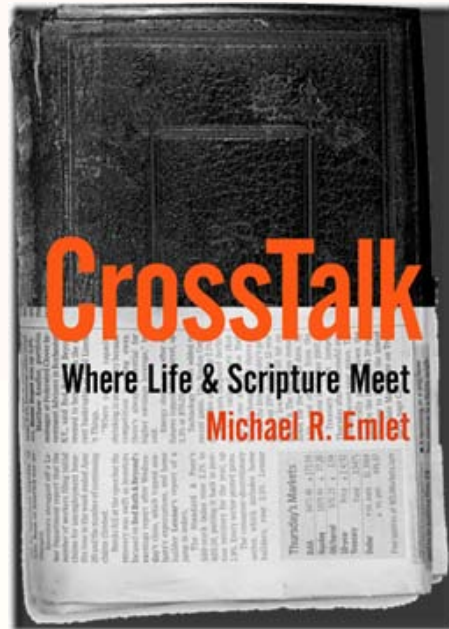
Self-Confrontation (Week 18)

How to Help a Depressed Person

- 1. Walk with them.**
- 2. Listen for unbiblical thinking and counter it with biblical truth.**
- 3. Realize that you do not need to experience what he experiences to “understand” him.**
- 4. Be patient.**
- 5. Love the person as both a sinner and a sufferer.**

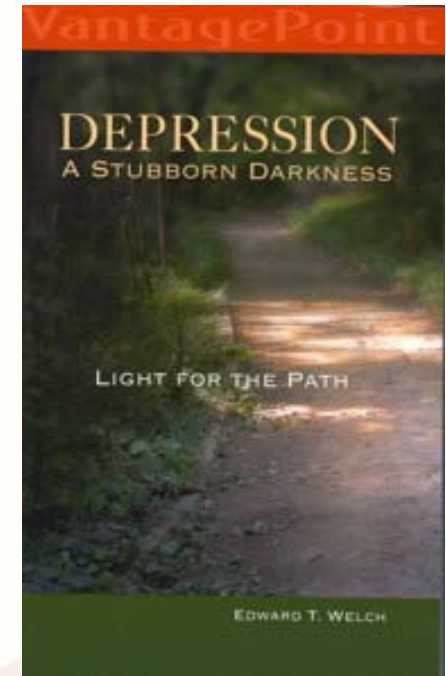
Self-Confrontation (Week 18)

Today's Giveaway



CrossTalk
By Michael
Emlet

Depression
By Edward
Welch



All Class Audio and Materials Available

@

www.mynameisrush.com



Self-Confrontation (Week 18)

Think about this...

**If we are commanded to grow in Christlikeness
and Christ is an ever present help in times of
trouble,**

What kind of help are you in times of trouble?



Self-Confrontation (Week 18)

For Next Week:

***Complete Lesson 19 in the
Self-Confrontation Student Workbook***