

## How can I cope with... depression?

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### Introduction

- What is depression?

### The experience of depression

- From the Bible
- Among Christians

### The causes of depression

- Chemical
- Circumstantial
- Spiritual

### Our response to depression

- Pray
- Preach
- Plan
- Ponder

### Conclusion

**Bible references:** 1 Kings 19v4-6, Ps. 6:3, 145:18, Eph. 2:10, Ps. 27:10, Heb. 10:25, Rom. 8:28

## Psalm 42 (NIV)

<sup>1</sup> As the deer pants for streams of water, so my soul pants for you, O God. <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God? <sup>3</sup> My tears have been my food day and night, while men say to me all day long, "Where is your God?" <sup>4</sup> These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

<sup>5</sup> Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and <sup>6</sup> my God.

My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon--from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

<sup>8</sup> By day the LORD directs his love, at night his song is with me-- a prayer to the God of my life. <sup>9</sup> I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

<sup>11</sup> Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

## Psalm 43 (NV)

<sup>1</sup> Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men. <sup>2</sup> You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup> Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup> Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.

<sup>5</sup> Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Books I've used for this talk:

Michael Lawson, "*D is for Depression*" (Good all-round book on depression and a good balance between physical and spiritual diagnoses and remedies)

Ed Welch, "*Depression – looking up from the stubborn darkness*" (Comprehensive and thorough, especially on spiritual issues)

Ed Welch, "*Depression – the way up when you are down*" (Short booklet dealing with depression – available on bookstall)

Zack Eswine, "*Spurgeon's Sorrows – realistic hope for those who suffer from depression*" (Practical tips on dealing with depression from the life of CH Spurgeon – on bookstall)

David Murray, "*Reset*" (great book, dealing with stress and burnout in a holistic way for Christians – not just on depression)

Other books available on Ambassador bookstall:

Tim Keller, "*Walking with God through pain and suffering*" (Very good for a Christian response to suffering more generally)

Ed Welch, "*Side by side: walking with others in wisdom and love*" (Caring for those who are suffering in the church)

John Piper, "*When I don't desire God*" (Good book on spiritual dryness – very good chapter on depression, "*When the darkness does not lift*")