

Christians Get Depressed Too

Session 1: How to approach the subject of depression - 2022-03-24

Why spend six weeks talking about depression?

- 1) Because the Bible speaks about it.
- 2) Because it is so common.
- 3) Because it impacts our spiritual life.
- 4) Because it may be prevented or mitigated.
- 5) Because it will open doors of usefulness.
- 6) Because it is so misunderstood.
- 7) Because it is a talent to be invested for God.
- 8) Because we can all improve our mental and emotional health.

What can we expect to learn over the next six weeks?

- Week 1: (Today) How to (& how not to) approach the subject of depression.
- Week 3: What depression is.
- Week 4: Common causes of depression.
- Week 5: Some things that can help with depression.
- Week 6: Help for caregivers.

Two Principles to Consider as We Study Depression

1) *Avoid Dogmatism and Seek Humility*

2) *Avoid Extremes and Seek Balance*

a. *The cause is all physical*

b. *The cause is all spiritual*

i. *Depression is [always] caused by demonic possession and requires exorcism.*

ii. *Depression is [always] caused by sin; therefore, rebuke, repentance, and confession are required.*

c. *The cause is all mental* (“in the mind”)

d. Depression is complex!