

5—Comforting Depression

1/31/22

INTRO:

I. → **2 Corinthians 7:5-7**

*For even when we came into Macedonia our flesh had no rest, but we were afflicted on every side: conflicts without, fears within. 6 But God, who **comforts the depressed**, comforted us by the coming of Titus;*

→ 7 and not only by his coming, but also by the comfort with which he was comforted in you, as he reported to us your longing, your mourning, your zeal for me; so that I rejoiced even more. (NASU)

II. Grk (*tapeinós*) cast down, lowly

III. Hippocrates (450 BC) the four humors were determined by an imbalance of the four liquids in your body

Blood	Yellow Bile	Black Bile	Phlem
Liver	Gallbladder	Spleen	Brain & Lungs
Warm/Moist	Warm/Dry	Cold/Dry	Cold/Moist
Spring	Summer	Autumn	Winter
Infant	Youth	Adult	Old Age
Jupiter	Mars	Earth	Moon
Air	Fire	Earth	Water

A. If that didn't work they assumed it was a demon

B. Fell out of favor in 1858 with the advent of germ theory

IV. Depression: persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities.

A. Poor concentration and memory

B. Irritability and lethargy

C. Thoughts of death or suicide

D. Insomnia or hypersomnia

BODY:

I. Natural Depression

A. Depression is a condition in our neurological system.

- 1) Serotonin is a neurotransmitter modulating mood, appetite, sleep, memory and learning
 - a) About 90% of serotonin is in your GI tract
 - b) About 8% is in your blood platelets
 - c) 1-2% is in your Central Nervous System

2) **Psalms 102:3-7**

*For my days disappear like smoke,
and my bones burn like red-hot coals.
My heart is sick, withered like grass,
and I have lost my appetite.
Because of my groaning,
I am reduced to skin and bones.
I lie awake,
lonely as a solitary bird on the roof.*

B. Two risk factors are prolonged stress and family history.

1) **1 Kings 19:4-5**

[Elijah] came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep.

- 2) About 40% of the risk is genetic
- 3) No one is immune: Hagar, Moses, Naomi, Hannah, Saul, David, Solomon, Elijah, Nehemiah, Job, Jeremiah, John the Baptist, Judas Iscariot, and Paul all displayed symptoms of depression

II. Circumstantial Depression

"conflicts without, fears within"

A. Depression can also be activated by prolonged stress.

1) **Job 30:16-17**

*“And now my life seeps away.
Depression haunts my days.
At night my bones are filled with pain,
which gnaws at me relentlessly.” (NLT)*

2) **SEEKING HELP FROM THE COUNSELOR**

B. We must not be afraid to seek the help we need.

1) **Psalms 143:7-8**

*Come quickly, Lord, and answer me,
for my depression deepens.
Don't turn away from me, or I will die.
Let me hear of your unfailing love each morning,
for I am trusting you.
Show me where to walk,
for I give myself to you. (NLT)*

2) There is more help today than there used to be

1) Medication (48%)

2) Therapy (48%) both (75%)

3) Light therapy—photosensitive ganglion cells in the retina—blocks melatonin, releases serotonin

3) **GETTING OUT AND FISHING**

III. Social Isolation

6 But God, who comforts the depressed, comforted us by the coming of Titus.

A. Depression causes us to withdraw from the remedy.

1) **Matthew 14:13**

When Jesus heard what had happened, he withdrew by boat privately to a solitary place.

2) **FERRIS BUELLER—I'M DYING**

B. Sometimes we just need one friend to help us get through.

1) **Psalms 34:18-19**

*The Lord is close to the brokenhearted
and saves those who are crushed in spirit.
The righteous person may have many troubles,
but the Lord delivers him from them all.*

2) **GOING TO SALVADOR WITH MY BUDDY**

OTHER SCRIPTURES:

Psalms 38:6-10

I am bowed down and brought very low;
all day long I go about mourning.
My back is filled with searing pain;
there is no health in my body.
I am feeble and utterly crushed;
I groan in anguish of heart.
All my longings lie open before you, Lord;
my sighing is not hidden from you.
My heart pounds, my strength fails me;
even the light has gone from my eyes.

Psalms 42:5-6

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.

Psalms 86:1-4

Hear me, Lord, and answer me,
for I am poor and needy.
Guard my life, for I am faithful to you;
save your servant who trusts in you.
You are my God; have mercy on me, Lord,
for I call to you all day long.
Bring joy to your servant, Lord,
for I put my trust in you.