

DEPRESSION

Request: “After listening to your lesson on quenching the Holy Spirit, does depression quench the Holy Spirit?”

The Bible does not use the word depression. However, there are other words that describe the concept of depression.

The following three words are found in our lesson text:

- **distress** (ademone) (Mk.14:33)
- **affrighted** [to throw into terror] (ekthambeo) (Mk.14:33)
- **deeply grieved** (perilupos) (Mk.14:34)
- **troubled** (tarasso) (Jn.12:27)

You might be surprised to find that all FOUR of these words were used to describe depression in Jesus as He faced the crucifixion. This teaches us that it is possible to experience a depression that is not sinful.

There are two types of depression that are not sinful: **spiritual and physical**. In our lesson text, Jesus was experiencing spiritual depression.

Physical depression can be caused by several factors: sleep deprivation, insufficient exercise, improper diet, monthly menstrual, physical illness and side effects of medications, post-partum childbirth, brain tumors, neurochemical malfunction, and even family genetics.

Depression is usually described by feelings such as blue moods to hopelessness to thoughts of despair and suicide.

Therefore depression of some form is normal to human life and life in the devil’s world as well as life in the plan of God.

“These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” (John 16:33).

This lesson will study four aspects of depression in CWL.
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1. It is important to get to the root of the cause of depression and not just treat the symptoms.

Since symptoms of depression are normally identified by feelings, it is important to evaluate the root cause. Begin by listing all the things happening in your life and your mental state about them. Approach this as you would search for lost keys. Retrace all your steps carefully. Involve an objective third party to listen to you retrace your life in order to get to the root cause (1 Thess.5:14) [encourage the faint-hearted].

Sometimes this can be very difficult and painful to get to the root cause and you may need professional help. Once you understand the root cause, you must now search out the correct doctrinal solution to the cause. This is where the word of God will become very important for recovery from depression that is either spiritual or sinful. In our lesson text, Jesus was dealing with spiritual depression.

Notice how important CBD of the word of God and the faith cycle were to dealing with spiritual depression (Mark 14:32-36).

2. Be very careful about anti-depressant drugs.

They shouldn't be used for spiritual or sinful depression as a solution to the cause unless you are unable to function in your normal manner of life or have constant thoughts of suicide.

When you take anti-depressant drugs, you also need medical and psychological and pastoral counseling during this period.

- You need to become very familiar with the side effects of anti-depressant drugs.

Never use these drugs as a crutch or as an excuse to not deal with the cause and doctrinal solution. It is not a sin to use them to help you deal objectively with the root causes of depression. But they are short-term not long-term remedies.

3. Jesus is experiencing spiritual depression from a conscious awareness of the reality of CBD functioning in His soul as He prepares for the cross.

He has seen it doctrinally in His soul in the past (Matt.16:21-23) - "For even the Son of God did not come to be served, but to give His life a ransom for many." (Mk 10:45)

Now it is in the reality of His time and experience - "My soul is deeply grieved to the point of death." (Mk 14:34; Ps.42:5-6, 11)

What God decreed in eternity past at the Eternal Life Conference has now become His "hour" in messianic history and volitional faith - "Yet not what I will, but what Thou wilt." (Mk 14:36b)

This introduces to us the victory side of spiritual depression - "Fixing our eyes on Jesus, the author and perfecter of faith, who for the JOY set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God," (Heb.12:2; Phil.4:6-7)

4. Elijah experienced sinful depression in 1 Kings 19. Spiritual breakdown of faith cycle due to negative volition and irrational old man thinking.

"Why are you in despair, o my soul? And why are you disturbed within me? Hope in God, for I shall again praise Him, the help of my countenance and my God" (Ps.43:5)

It is important to stand firm in the truth of the word of God no matter what the circumstances (Eph.6:10-17) - "Set your mind on things above." (Col.3:2)

Here is the irrational thinking of Elijah's depression. On the one hand, he wants to live in Jezreel but runs away to preserve his life (1 Kgs 18:46). On the other hand, he runs to a desert because he doesn't want to die and then declares that he wants to die (1 Kgs 19:4). He is building an irrational unrealistic world around himself that will lead him into neurosis and then into psychosis sinful depression (1 Kgs 19:15-16).

"In the slave market of my melancholy mind, I mount the auction block to sell myself to the highest bidder of misery." (Poem by Joseph Cowen)

- **First step in recovery of sinful depression** is recognition of OSN cause of sin and importance of confession of the sin and restoration of spirituality (James 1:14-15; 1 John 1:9; Gal.5:16-17).
- **Second step in recovery of sinful depression** is recognition of cause of NV towards CBD and importance of faith cycle and NMDV thinking (2 Cor.5:7; Col.2:6-7; Eph.4:22-24; Rom.12:2).