

## DEPRESSION

### 1. What Causes Depression

#### A. Biochemical factors

- (a) Blood relatives had depression
- (b) Overreaction to stressful situations
- (c) Brain emits cortisol which leads to depression

#### B. Interpersonal Activities

- (a) Unresolved marital and other relational problems
- (b) Grief issues
- (c) Role transitions
- (d) Social withdrawal
- (e) Poor people skills
- (f) Failure to commit and connect with others

#### C. Behavioral Symptoms

- (a) Withdraw from family and friends
- (b) Unable to function at home, work or school
- (c) Reliance on alcohol or drugs

#### D. Thoughts Linked to Depression

- (a) I'm a failure; it's my fault; nothing good ever happens to me; I'm worthless; there's nothing good in my life; people don't like me; the world is a scary place; things will never change; the world would be better without me.

### 2. Symptoms of Depression

- (a) Sadness; feeling bad about yourself; trouble sleeping and eating; difficulty concentrating; fatigue; feeling emotionally numb; hopeless; loss of pleasure and interest in life; moving or speaking slowly; suicidal thoughts.

### 3. Natural and Spiritual Ways to Prevent or Control Depression

#### A. Control Your Thinking

- (a) Natural – assess and eliminate negative thoughts about yourself, people and the world.
- (b) Spiritual – II Corinthians 10:5 “...bring every thought into captivity...”.
- (a) Natural – Think positive thoughts
- (b) Spiritual – Phillipians 4:8 “...whatsoever things are true, just, pure...”.

(a) Natural – Pay attention to your thoughts  
(b) Spiritual – Proverbs 4:23 “Keep your heart with all diligence for out of it are the issues of life.”

(a) Natural – Cultivate an attitude of thanksgiving  
(b) Spiritual – I Thess. 5:18 “In everything give thanks...”.

B. Control Your Behavior

(a) Natural - Befriend positive people  
(b) Spiritual – Proverbs 13:20 “He who walks with wise men will be wise

(a) Natural – Exercise  
(b) Spiritual – I Tim. 4:8 “Exercise profiteth little

(a) Natural - Connect and commit  
(b) Spiritual – Ecclesiastes 4: 9-10 “Two are better than one...for if they fall, the one will lift the other...”.

4. Pray the Promises

A. 2 Tim 1:7 “For God hath not given us the spirit of fear, but of power power and of love and of a sound mind”.

B. Galatians 5:22 “For the fruit of the Spirit is love, joy, peace...”.