



Am I Ok?

Sunday, February 2, 2025

TITLE: Deep Calls to Deep (*Depression*)

TEXT: Lamentations 3:14-24

WE ARE NOT OK

- mental disorders are the number-one cause of _____ in North America
- around _____ percent of Americans ages eighteen and older suffer from a diagnosable mental disorder in a given year
- Mental Illness = a _____ condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning and often results in a diminished capacity for coping with the ordinary demands of life.
- _____ of all lifetime cases begin by age 14; 3/4 have begun by age 24

THE TRUTH

TRUTH #1

Mental illness is _____, and there are **scientific explanations** and **research-based treatments**. (See Psalm 139:13-14)

TRUTH #2

Mental illness is **not** (*always*) because of _____. (See John 9:1-3)

TRUTH #3

You won't find **healing** if you don't acknowledge the _____. (See Mark 2:17)

TRUTH #4

Jesus will help carry this burden. (See Matthew 11:28-30)

QUICK FACTS | DEPRESSIVE DISORDERS

- Hippocrates described the condition, called melancholia, around **400 BC**.
- ~ _____% of US adults will experience a major depressive disorder, with the average onset occurring in adolescence or young adulthood.
- Depressive disorders occur more commonly in women than men. _____ history of depression also increases one's likelihood.
- These disorders are caused by over- or under-activation of certain _____ structures and a decrease of certain neurotransmitters.

DAVID VS. DEPRESSION

Matthew Stanford: "David describes experiencing all of the symptoms of major depressive disorder."

CHARACTERISTIC SYMPTOMS	DAVID'S SYMPTOMS	REFERENCE
Depressed mood	Mourning/sorrow all day, weeping	Psalm 6:6-7; 13:2; 31:10; 38:6, 17; 39:13; 69:3
Significant weight loss or decrease in appetite	Forgets to eat, bones cling to flesh, weak from fasting	Psalm 102:4-5; 109:24
Insomnia	Crying all night, no rest at night, couldn't sleep	Psalm 6:6; 22:2; 107:7; 2 Samuel 11:2
Psychomotor retardation	Like a deaf and dumb man, fear and trembling	Psalm 38:13-14; 55:5
Fatigue or loss of energy	Strength dried up/fails, vitality drained away, heart has withered away	Psalm 22:14-15; 31:10; 32:4; 38:10; 102:4
Feelings of worthlessness	A worm, not a man; a reproach to others, no one cares for my soul, song of the drunkards	Psalm 22:6; 31:12-13; 69:12; 109:25; 142:4
Diminished ability to think or concentrate, or indecisiveness	Did not go to war, unable to discipline rebellious sons	2 Samuel 11:1; 13:21; 18:5; 19:1-7; 1 Kings 1:6
Recurrent thoughts of death	Dust of death, terrors of death	Psalm 22:15; 55:4

*Septuagint addition to verse, "but he would not punish his son Amnon, because he loved him, since he was his firstborn."

THERE IS HOPE

TRUTH #5

> _____% of people with a depressive disorder **improve** when they receive appropriate treatment. (See John 10:10)

- **Mind:** For most people, a combination of therapy and medication works best.
- **Body:** Exercise, a healthy diet, and proper sleep will aid you.
- **Spirit:** Prayer, Bible reading, meditation, and worship can nourish your spirit and help bring healing.
- **Relationships:** Spend time with loved ones and find ways to serve others.

TRUTH #6

You are **not** _____. (See Galatians 6:2)

GOING DEEPER | Study & Discussion Questions

1. Why do you think mental illness is so prevalent in the US?
2. Which of the six TRUTHS resonates with you the most? Why?
3. Have you or a loved one ever experienced a depressive disorder? What was that like? What helped? What didn't help?
4. How can the church/Christians better help people in these situations?

ONE (MORE) CHALLENGE

one small step of discipleship every week

Read one PSALM each day and meditate on it.



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