

## Stretch Seven: Depressing Depression

Text: Ephesians 2:12-14a

Introduction:

**depression** : an act of depressing or a state of being depressed : as **a** : a pressing down : **LOWERING b** (1)  
: a state of feeling sad : **DEJECTION** (2) : a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies **c** (1)  
: a reduction in activity, amount, quality, or force (2) : a lowering of vitality or functional activity  
(<http://www.m-w.com/dictionary>).

### I. Examples of Depression

- A. \_\_\_\_\_ and Saul – 1 Samuel 16:1, 14
- B. King \_\_\_\_\_ – 1 Kings 21:4
- C. \_\_\_\_\_ – Psalm 51:8, 10-12
- D. \_\_\_\_\_ – Lamentations 3:1-19
- E. \_\_\_\_\_ Iscariot – Matthew 27:3-5
- F. Charles Haddon \_\_\_\_\_

### II. Symptoms of Depression

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. Change in \_\_\_\_\_
- E. \_\_\_\_\_
- F. Physical \_\_\_\_\_, disease, or pain
- G. \_\_\_\_\_
- H. \_\_\_\_\_

### III. Causes of Depression

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
- F. \_\_\_\_\_
- G. \_\_\_\_\_ malfunctions
- H. \_\_\_\_\_/negative self-concept

IV. Depressing Depression

- A. Get \_\_\_\_\_ — Proverbs 20:5
- B. Engage in the \_\_\_\_\_ battle – Ephesians 6:11
  - 1. Realize God's \_\_\_\_\_. Psalm 42:5
  - 2. \_\_\_\_\_ — 1 Kings 19:4-7
  - 3. \_\_\_\_\_ right – Lamentations 3:21-25
    - a. \_\_\_\_\_ Godly thoughts – Philippians 4:8
    - b. \_\_\_\_\_ sinful and hurtful thoughts – James 1:5
    - c. \_\_\_\_\_ good music –Colossians 3:16; 1 Samuel 16:16
  - 4. \_\_\_\_\_ right – Colossians 3:23
    - a. \_\_\_\_\_ with faith. 1 John 5:4
    - b. \_\_\_\_\_ on wrongs – James 5:16
    - c. \_\_\_\_\_ evil feelings – Romans 12:19
    - d. \_\_\_\_\_ a Spirit-controlled life – Galatians 5:16, 22-23