

Calgary L'chaim Bible Fellowship

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A study series with Saskatchewan & Bontoc Ekklesia group

Text: Genesis 4:7; James 1:22

Date: _____

Understanding Depression

Depression is not a disease (compared to clinical depression). There are some organic malfunctions (behavioral red flags) that may trigger feelings of depression (compared to clinical signs and symptoms), many behavioral indication or outward manifestation or features defined as depression (whether short lived or chronic) are the consequences of unbiblical habits and/ or sinful reactions to circumstances and other people. Depression that stems from unbiblical living can be overcome as you deal biblically with sins and purposefully live in a manner that is pleasing to the Lord. (Clinical Depression will be studied and mentioned at a separate study session). (study Psalm 32:1-5, 42:11, 55:22, 119:28, 50, 75-77, 143, 165; John 15:15:10-11, 2 Cor 1:3-6)

Background:

Depression's so called symptoms are sometimes precipitated by sin (Gen 4:3-14, Ps 32:3-5, 38:1-10).

To live life, we must turn from doing evil and be obedient to God's Word (1 Peter 3:10-12)

In spite of "feeling depressed" (sadness), you can live biblically because of divine resources that God graciously provides for you. (Psalm 19:7-11, 34:18-19, 119:28, 105, 143, 145:14)

Biblical implication- The way you feel and the way you view yourself, your relationships, and your circumstances are often indications of whether you are living to please yourself or living to please Adonai (1 John 4:18-21, 2 Cor 7:10, Romans 14:17-18).

Torah promises involved:

No matter how difficult any situation appears, Yeshua has overcome it all (Jn 16:33).

God will not allow anything into your life that is beyond His control or beyond your ability to endure (Genesis 50:20, Jer 29:11, Romans 8:28-29)

Trials are for your own good (Rom 5:3-5, James 1:2-4, 1 Peter 1:6-7)

Give opportunity for the power of God to show forth in your life (2 Cor 4:7-18, 12:9-10)

In difficulties God's comfort (hb-Nachamu, Psalm 119:50, 2 Cor 1:3-5, 7:6a) and sustaining care are always available for us and for you Matthew 11:28-30, Hebrews 4:15-16).

Steps to freedom from Depression:

Establish a biblical schedule for fulfilling your God-given responsibilities and keep the schedules regardless of any feelings of depression you may experience (Eph 5:15-17, James 4:17)

Do all things and tasks heartily as to the Lord and for His glory (Mat 5:16, 1 Cor 10:31, Col 3:17, 23-24)

Identify sinful habits, by examining (judging) your life in light of the Torah of the Lord (2 Tim 3:16-17, Hebrews 4:12)

Repentance, Confession and putting sin aside (1 Jn 1:9, James 5:16)

Remember to LOVE the Lord our God(Matthew 22:37-39)

Take home (take it to heart)!

It is impossible to follow Christ without abiding in Him.

The quality of your relationship with Adonai is tied to how much time you devote to Him and for Him. We have to invest our time in order to have a quality relationship with the Lord!