

A person wearing a dark, heavy cloak and carrying a staff walks away from the viewer down a narrow, winding path. The path is illuminated by a warm, golden light from a low sun, creating a strong contrast with the dark, shadowed areas of the landscape. The surrounding terrain is rugged and desolate, with steep, rocky slopes and sparse, dry vegetation. In the background, dark, jagged mountains rise against a sky filled with soft, wispy clouds. The overall mood is one of solitude and contemplation.

In the Valley of Shadow

*How to Counsel Christians
Struggling with Deep
Discouragement and Depression*



100 years ago

I am just feeling a little
melancholy

50 years ago –

Diagnosed with depression
only if you couldn't say why

DSM 5
The Diagnostic and
Statistical Manual
of Mental Disorders

Symptoms of a Major
Depressive Episode:
**5 of these for a 2-
week period**

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION
TEXT REVISION

DSM-5-TR™

AMERICAN PSYCHIATRIC ASSOCIATION

- 1. Depressed mood:** This can be reported by the individual (e.g., feeling sad, empty, hopeless) or observed by others (e.g., appearing tearful).
- 2. Markedly diminished interest or pleasure in all, or almost all, activities:** This is also known as anhedonia.
- 3. Significant weight loss when not dieting or weight gain:** Or a decrease or increase in appetite.

4. Insomnia or hypersomnia: Difficulty sleeping or sleeping too much.

5. Psychomotor agitation or retardation: Observable changes in movement, either unusually slow or restless.

6. Fatigue or loss of energy: Feeling tired or drained most of the day.

7. Feelings of worthlessness or excessive guilt: This may even be delusional.

8. Diminished ability to think or concentrate, or indecisiveness: Difficulty focusing or making decisions.

9. Recurrent thoughts of death or suicidal ideation: Includes having thoughts about death, suicide plans, or attempts.



Persistent Depressive Disorder (**PDD**)

Disruptive Mood Dysregulation Disorder (**DMDD**)

Premenstrual Dysphoric Disorder (**PMDD**)

Depressive Disorder due to another medical condition

Seasonal Affective Disorder (**Seasonal Depression**)

Prenatal Depression and Postpartum Depression

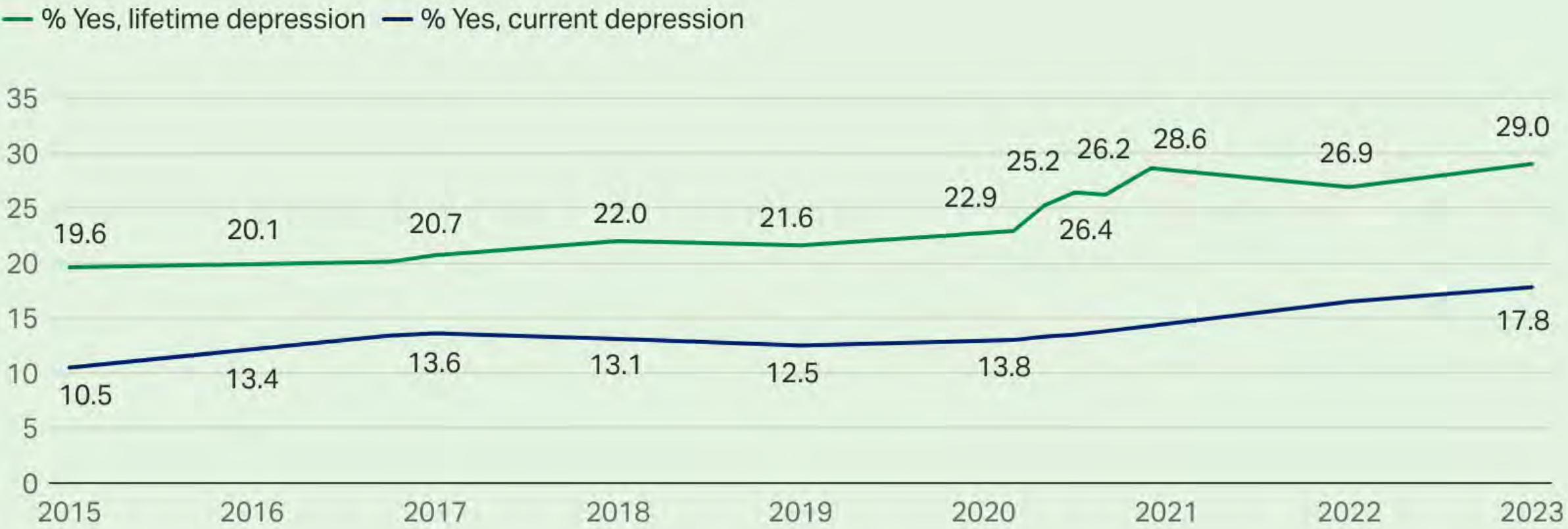
Atypical Depression

<https://my.clevelandclinic.org/health/diseases/9290-depression>



Rising Trends: Lifetime and Current Depression Rates

Has a doctor or nurse ever told you that you have depression?
Do you currently have or are you currently being treated for depression?



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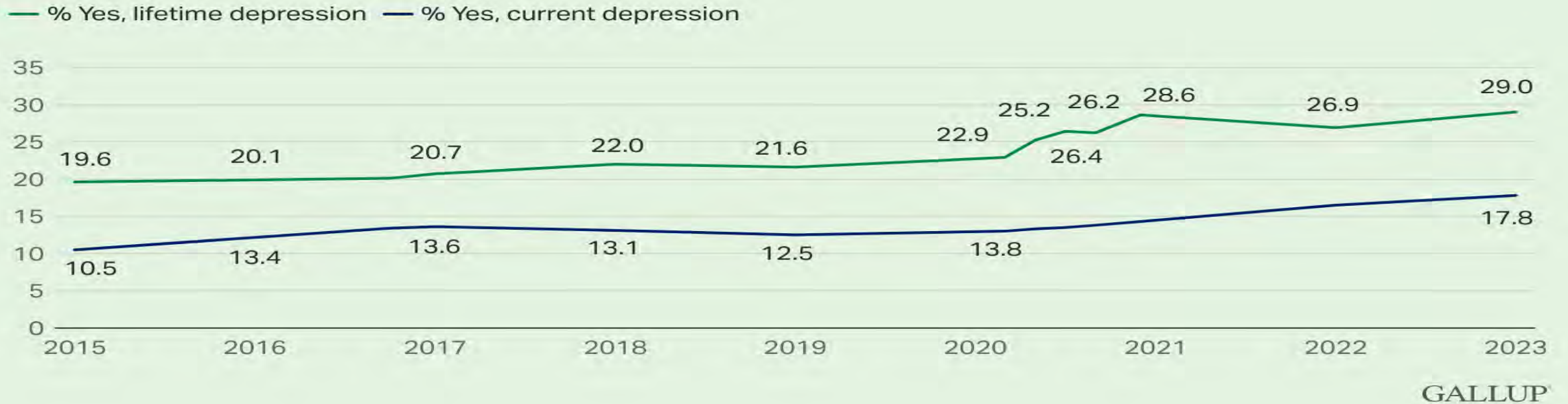


WASHINGTON, D.C. -- The percentage of U.S. adults who report having been diagnosed with depression at some point in their lifetime **has reached 29.0%**, nearly 10 percentage points higher than in 2015.

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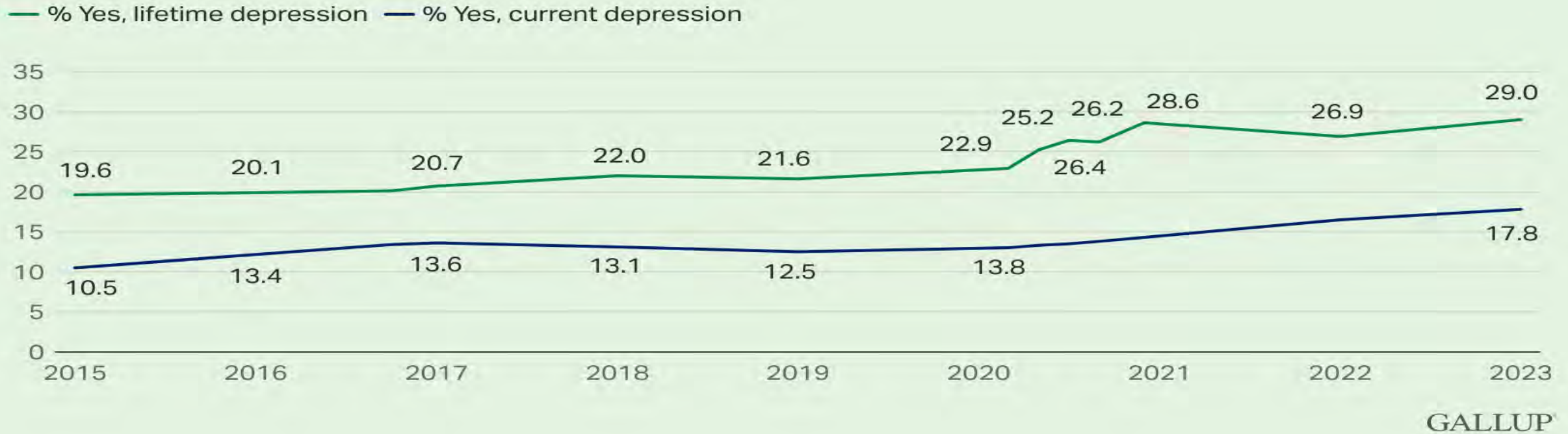


The percentage of Americans who currently have or are being treated for depression **has increased, to 17.8%, up about seven points** over the same period.

Rising Trends: Lifetime and Current Depression Rates

Has a doctor or nurse ever told you that you have depression?

Do you currently have or are you currently being treated for depression?



Both rates are the **highest recorded by Gallup** since it began measuring depression using the current form of data collection in 2015.



In 2020, in the past
12-months **depression** was
prevalent among nearly **1 in**
10 Americans and almost **1**
in 5 adolescents and young
adults



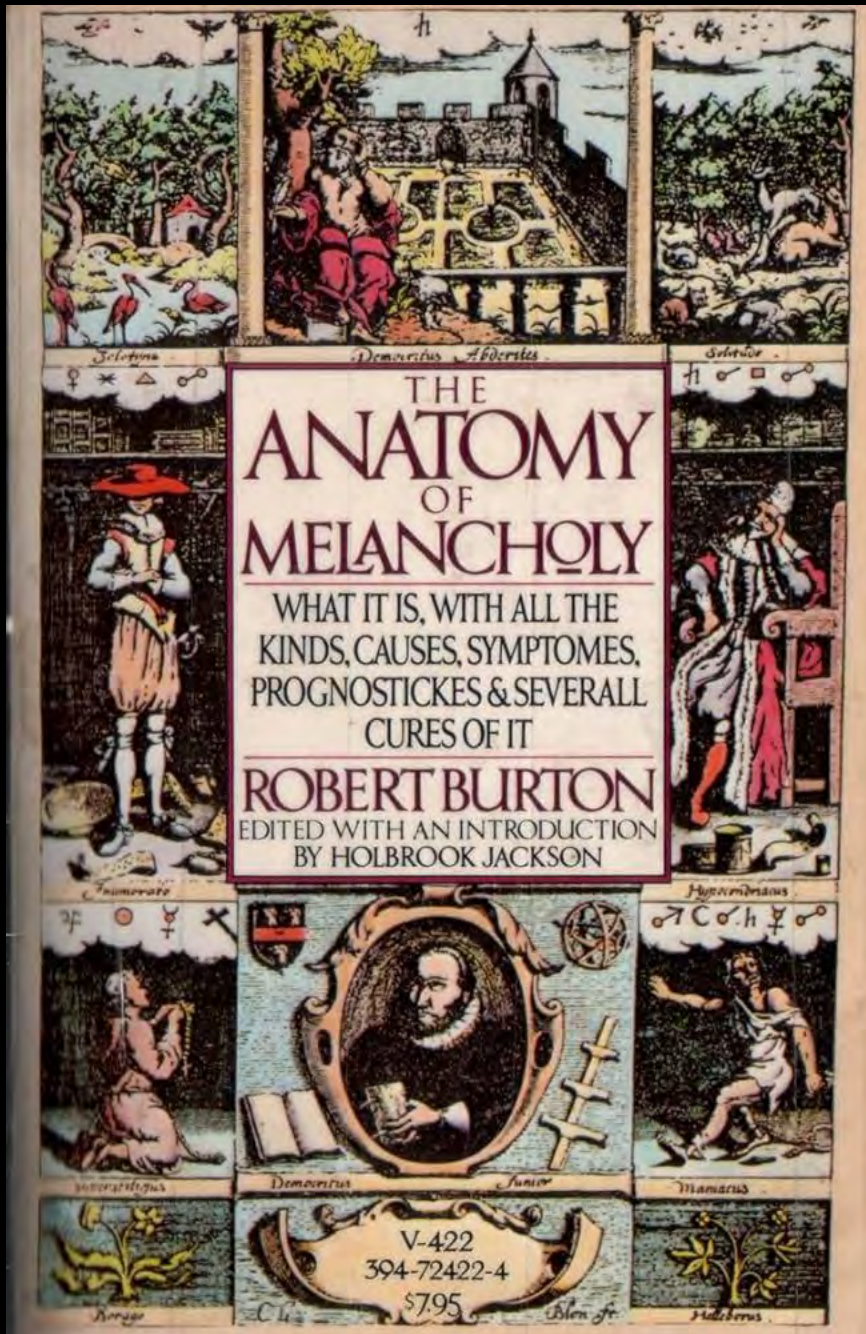
The world is desperately,
urgently crying out for help
to find the prevention for
depression.

The whole world, and all the
medicines and treatments,
psychiatrists and doctors will
NEVER find the answer for
the cause or the cure of
depression.



Only God can reveal the cause

Only His Word has the cure



Robert Burton, an English author in the 1600's – a fellow at Oxford University, wrote the encyclopedia, **“The Anatomy of Melancholy”**

“If there is a **hell** upon the earth, it is found in a **melancholy heart**”

Dante's version of **hell** read,
“Abandon all hope, ye who
enter here.”

1321AD

He understood there is an
intimate connection between
hell and the **hopelessness** of
depression.





Charles Spurgeon,
Lectures to My Students

“The Iron Bolt...
mysteriously fastens the
door of hope and holds our
spirits in **gloomy prison.**”

Abraham Lincoln

“I am now the most **miserable man living**. If what I feel were equally distributed the whole human family, there would **not one cheerful face** on earth. Whether I shall ever be better, I cannot tell; I awfully forbode I shall not. To remain as I am is impossible. **I must die** or be better, it appears to me.”

1841 letter to John Stuart



Consider the Lilies

"This book is exceptional
in every way."
—JOHN MACARTHUR



Finding
Perfect Peace
in the
Character
of God

Jonny
Ardavanis



OUT *of the* BLUES

Dealing with the Blues of Depression & Loneliness

WAYNE MACK

Wayne Mack ***“Out of the Blues”***

Three main causes for Depression:

1. Refusing to Deal with Sin and Guilt
2. Mishandling of a Difficult Event
3. Having Unbiblical Standards



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OR A COMBINATION OF ALL THREE

1. Refusing to Deal with Sin and Guilt
2. Mishandling of a Difficult Event
3. Having Unbiblical Standards

There are other causes such as:

Physical problems
Illness

Side effects from Medications



Three different levels of Depression:

Mild depression

discouragement,
disappointment, sorrow
Inevitable responses to the
hardships of life

Moderate depression

often results from wrong
responses to those things

Severe depression

Characterized by utter hopelessness from which the sufferer seems unable to escape. Despair dominates every area of this person's life:

Their physical condition, behavior, and thought processes are also a factor.



Three typical stages people progress through as they are delivered from depression.

First Stage:

They are **oblivious** to God's involvement in the difficulties of their lives.

Second Stage

They begin to **be aware of God**, perhaps through a sermon or the help of a counselor...

.... but they still have an **inadequate view** of God's ability to help them.

So, they remain more **focused on their problems** rather than on God and are still most likely hopeless that God can help.

Third Stage

With the help of the Holy Spirit, they learn to interact with and **TRUST GOD** replacing **negative thinking** with the truth and hope of **GOD'S WORD**.

They acknowledge this process is slow and hard, but possible.



**Three Biblical
examples
of Moderate depression**

**Asaph
Psalm 73**

vs. 2-3 – “But as for me, my feet came close to **stumbling**, my steps had almost **slipped**.

For I was **envious of the arrogant** as I saw the prosperity of the wicked...”

vs. 13-14 – “Surely in vain I have kept my heart pure and washed my hands in innocence; for I have been **stricken all day long and chastened**. Every morning...”





vs. 21-24 – “When my heart was
embittered; And I was pierced
within, Then I was **senseless and
ignorant**; I was like a beast
before You.

Nevertheless, **I am continually
with you**; You have **taken hold** of
my right hand. With Your
counsel **You will guide me**, And
afterward receive me to glory.”



**Jeremiah the prophet who was to preach
to a people that would not repent.**

In Lamentations 3:1-20

Jeremiah described his
emotional experience of being
in black darkness,
being broken,
having gall and travail,
being chained,
being hemmed in and trapped,
being filled with bitterness,
being weary and fatigued, and
crying and being shut out.





But he was not ready to give up entirely.

Lamentations 3:21-23

*This I recall to mind. Therefore, I have hope.
The Lord's lovingkindness indeed never cease,
For His compassion never fails.*

They are new every morning; Great is Your faithfulness.



Just to mention Psalm 42
& Psalm 43

Psalm 42:5

Why are you in despair, O my
soul? And why have you
become disturbed with in me?

Hope in God, For I shall again
praise Him for the help of His
presence.

Examples of Severe Depression





David

Psalm 32:3-4

When I kept silent about my
sin, my body wasted away
Through my **groanings** all
day long.

For day and night Your
hand was heavy upon me;
My vitality was drained
away as in the heat of
summer.



The Cure

Is found in verse 5

David confessed his sin and
was forgiven

Then I acknowledged my **sin** to you
and **did not cover up** my iniquity.

I said, "I will confess
my transgressions to the LORD."

And you FORGAVE
the guilt of my **sin**.




David

Psalm 38

This is even more
descriptive!

Verses 1-8

A dramatic illustration of the prophet Elijah. He is an elderly man with a long white beard, wearing a red robe, seated in a wooden chariot. The chariot is being pulled by a black horse with a flowing white mane. They are moving across a landscape of fire and smoke, with a large, intense fireball trailing behind them. In the background, there are jagged, rocky cliffs. The overall scene is fiery and apocalyptic.

Elijah

1 Kings 17-19

A mighty prophet used by God

Luke 1:17
Zacharias told the father of
John the Baptists that he
would perform his ministry
“in the spirit of Elijah.”

Matthew 11:11
Jesus says John was the
greatest man who ever lived.



In a particularly wicked time
in Israel during the reign...



Elijah called down **fire**
from heaven to **burn up**
the water-soaked
sacrifice.



**Elijah eliminated Baal Worship from Isreal by killing
450 prophets of Baal which ended the drought.
(1 Kings 17-19)**





And yet when **Jezebel**
threatened to **kill** him,
Elijah was **afraid and ran**
for his life.

1 Kings 19:4
“It is enough; now, O Lord,
take my life...”



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We can not forget there are illnesses like **cancer** and **dementia** just to name two that have a side effect of **depression**

Medications have dramatic side effects like **depression** and **suicidal** thoughts.



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The ME Monster