



# WINNING OVER DEPRESSION

- Buzz Aldrin, American astronaut, the second man to set foot on the moon
- Hans Christian Andersen, Danish writer
- Kjell Magne Bondevik, Norwegian politician and former Prime Minister of Norway
- David Bohm, British quantum physicist
- Jim Carrey, Canadian actor and comedian
- David Chase, American television writer, television director and television producer (*The Rockford Files*, *Northern Exposure*, *The Sopranos*)
- Winston Churchill, British Prime Minister
- Calvin Coolidge, 30th President of the United States.
- Eminem, American Rapper
- J. K. Rowling, British writer
- Charles Haddon Spurgeon, famous British preacher.

# What is it?

“An emotional state of dejection and sadness ranging from mild discouragement and downheartedness to feelings of utter hopelessness and despair.”

The World Health Organisation.

“Depression is an unfortunate name as it has attained an unwarranted social stigma and to the uninformed has the connotation of being a minor disease of little consequence. **We would prefer to call it a neurotransmitter deficiency** (i.e. a shortage of certain brain chemicals in critical areas of one’s brain).”

(Paper from my doctors surgery on depression.)

- ⦿ There is always a cause: genetic and/or environmental.
- ⦿ We get good at “doing depression”.
- ⦿ We have faulty perceptions of the world and ourselves.
- ⦿ We struggle in relationships.
- ⦿ We work harder at life.
- ⦿ Expert at a false front.
- ⦿ “Depressive skills”.

“Depression is a complex condition that blurs our Western boundaries between mind and body, nature and nurture, self and others. Many people with depression seem to have been primed for it by trauma, deprivation, or loss in childhood. Most people with depression describe difficulties in their childhood or later in life that have contributed to low self-esteem and a sensitivity to rejection, an uncertainty about the self and an inability to enjoy life.”

Dr. R. O'Connor, *Undoing Depression*.

- ① Depression is not so much a sickness of being too emotional, but rather a sickness that results out of our habit of not allowing ourselves to feel or process emotions. It's a sickness of no emotions.

<sup>1</sup> I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

<sup>2</sup> Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**Romans 12:1-2 (ESV)**

# Symptoms:

1. Feelings of hopelessness and/or high anxiety.
2. Over-analysis of problems with great angst and negativity.
3. Sleeping difficulties.
4. Eating and appetite problems.
5. Decreased sexual drive.
6. Withdrawal from others.
7. Loss of self-esteem.
8. A desire to avoid all problems/demands.
9. A deep sense of guilt.
10. Over-dependency on others.
11. Crying and tearfulness.
12. Fatigue.
13. Preoccupation with body function.
14. Suicidal thoughts.
15. Self-neglect.
16. Delusional thinking.

# How depression manifests itself in different people:

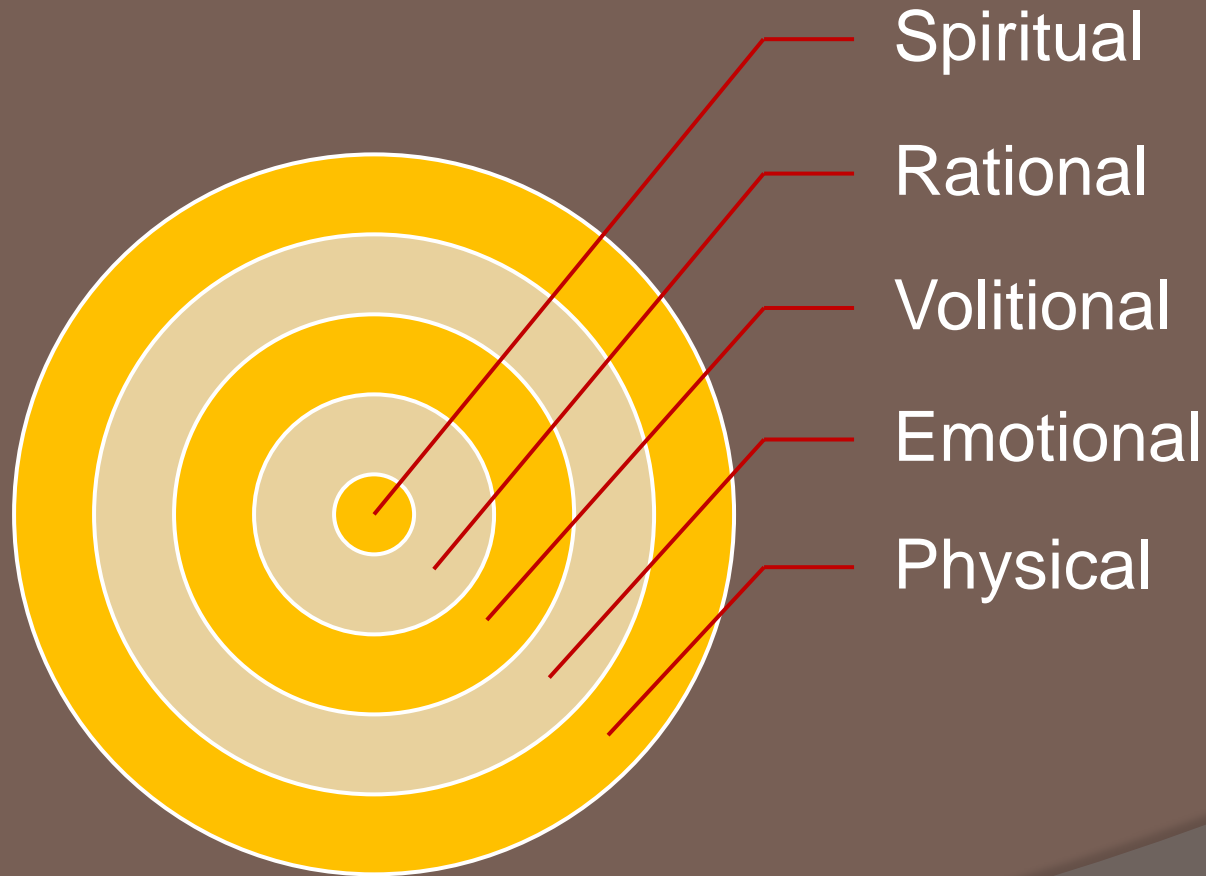
- Single episode. Treated and then never have it again.
- Several episodes throughout life with “normality” in between. Come onto treatment and then off it with each episode.
- Sustained depression. Constant treatment.

# UN-DOING DEPRESSION

“I realize now that no simple, single-factor theory of depression will ever work. Depression is partly in our genes, partly in our childhood experience, partly in our way of thinking, partly in our brains, partly in our ways of handling emotions. It affects our whole being..... recovery can come only through a continuous act of will, a self-discipline applied to emotions, behaviour, and relationships in the here and now.”

Dr. R. O' Connor *Undoing Depression.*

# Understanding Ourselves



# Understanding Ourselves



<sup>23</sup> Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

<sup>24</sup> He who calls you is faithful; he will surely do it.

**1 Thessalonians 5:23-24**

**(ESV)**

# 3 Influences on 3 Parts for 3 Good Outcomes

## Mark 12:28-31 (ESV)

<sup>29</sup> Jesus answered, “The most important [commandment] is,

‘Hear, O Israel: ① **The Lord our God, the Lord is one.**

<sup>30</sup> **And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’**

<sup>31</sup> The second is this: ‘You shall love ② **your neighbour** as

③ **yourself.**’ There is no other commandment greater than these.”

**Spirit**

**Soul**

**Body**

## Luke 3:21-22 (ESV)

<sup>21</sup> Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened,

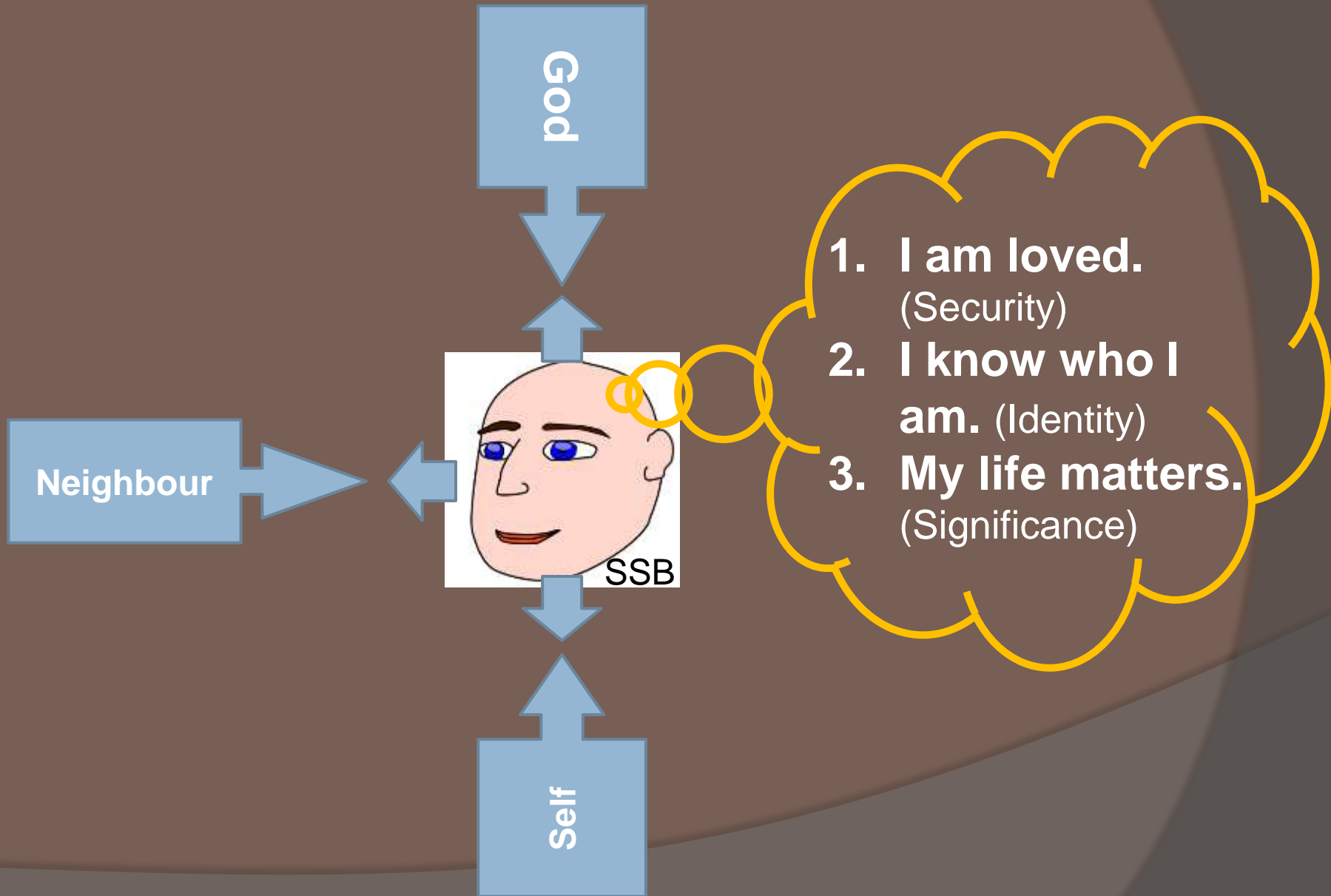
<sup>22</sup> and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven,

① **“You are my beloved**

② **Son;**

③ **with you I am well pleased.”**

# 3 Sources for 3 Good Outcomes



God

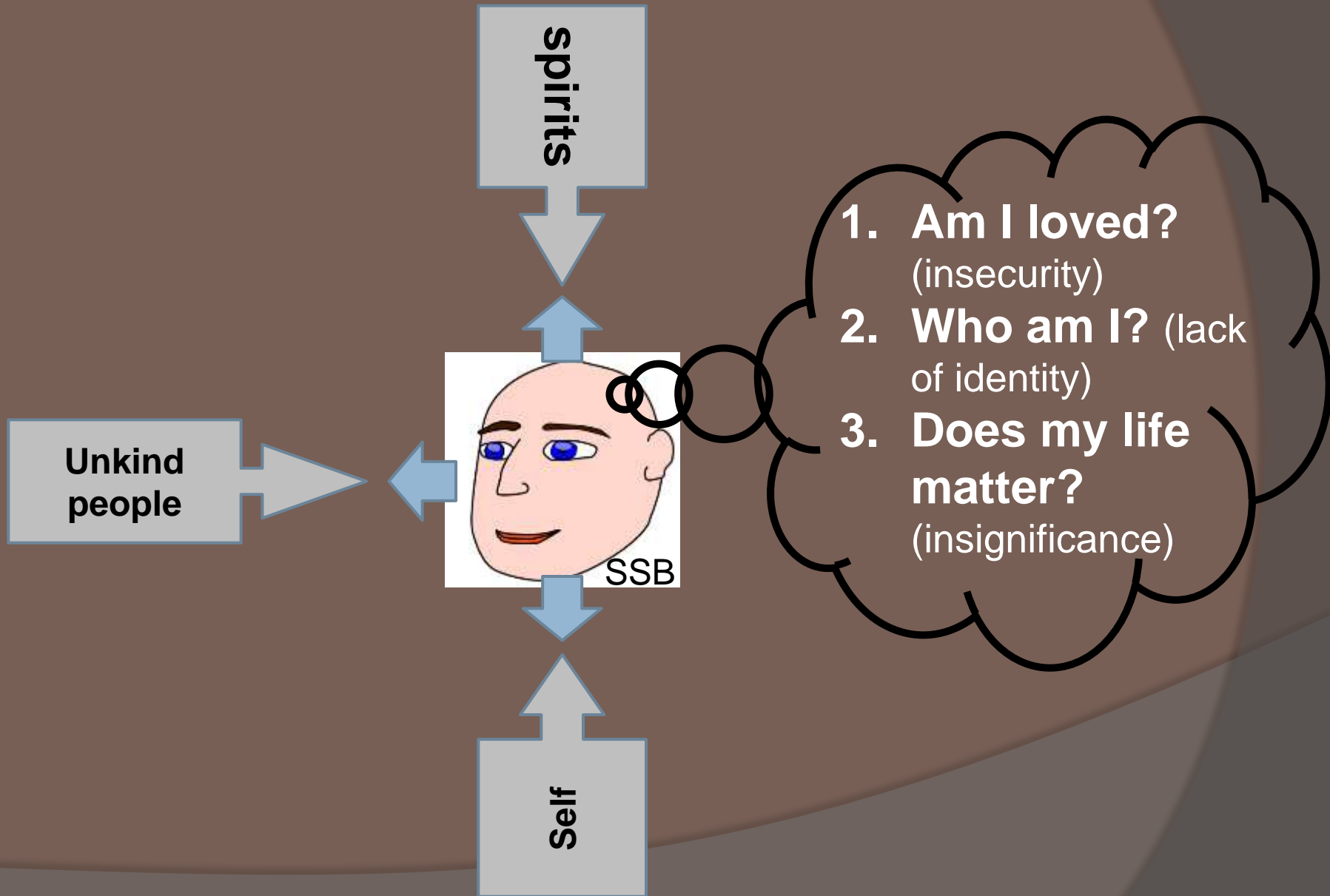
Neighbour

SSB

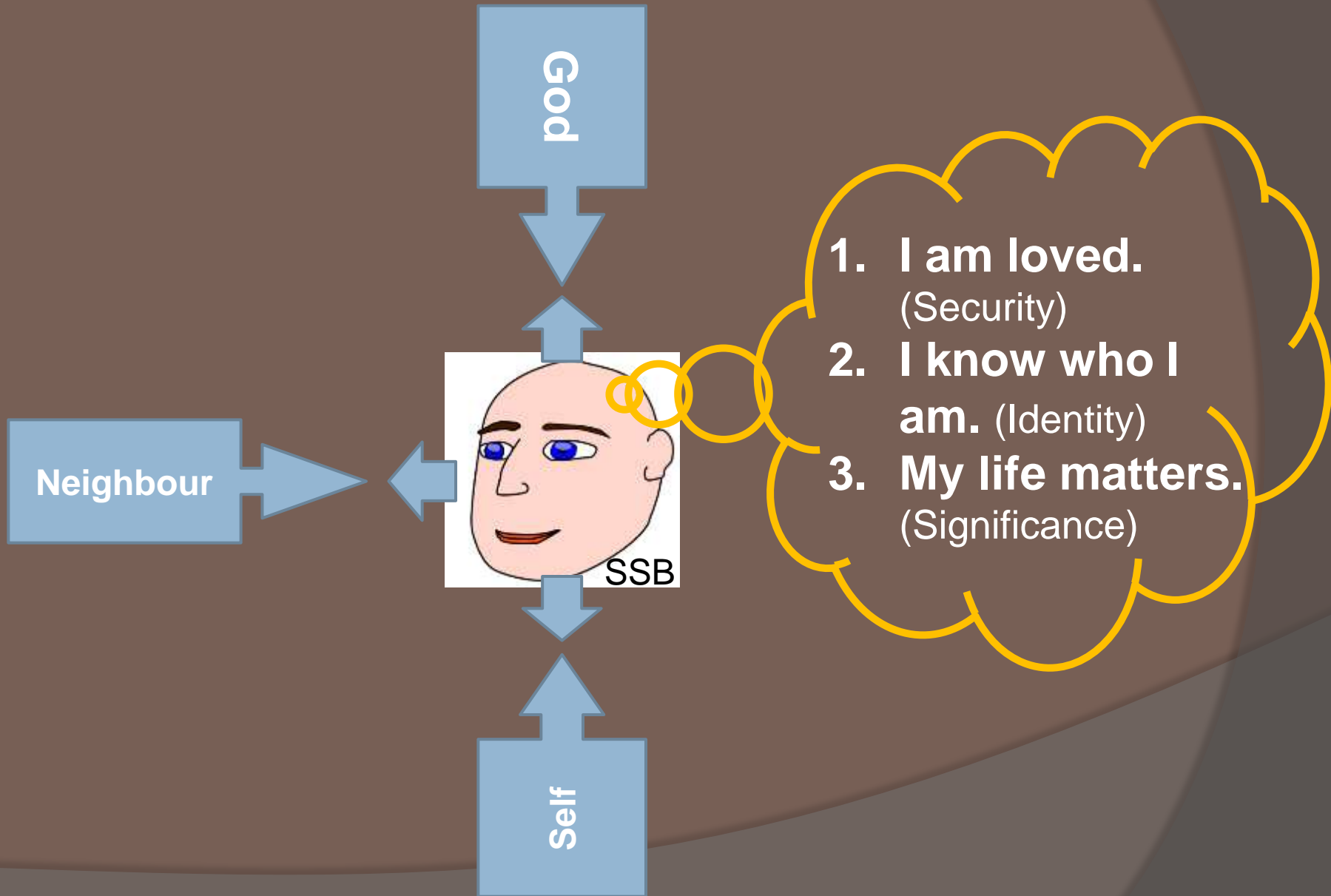
Self

1. **I am loved.**  
(Security)
2. **I know who I am.** (Identity)
3. **My life matters.**  
(Significance)

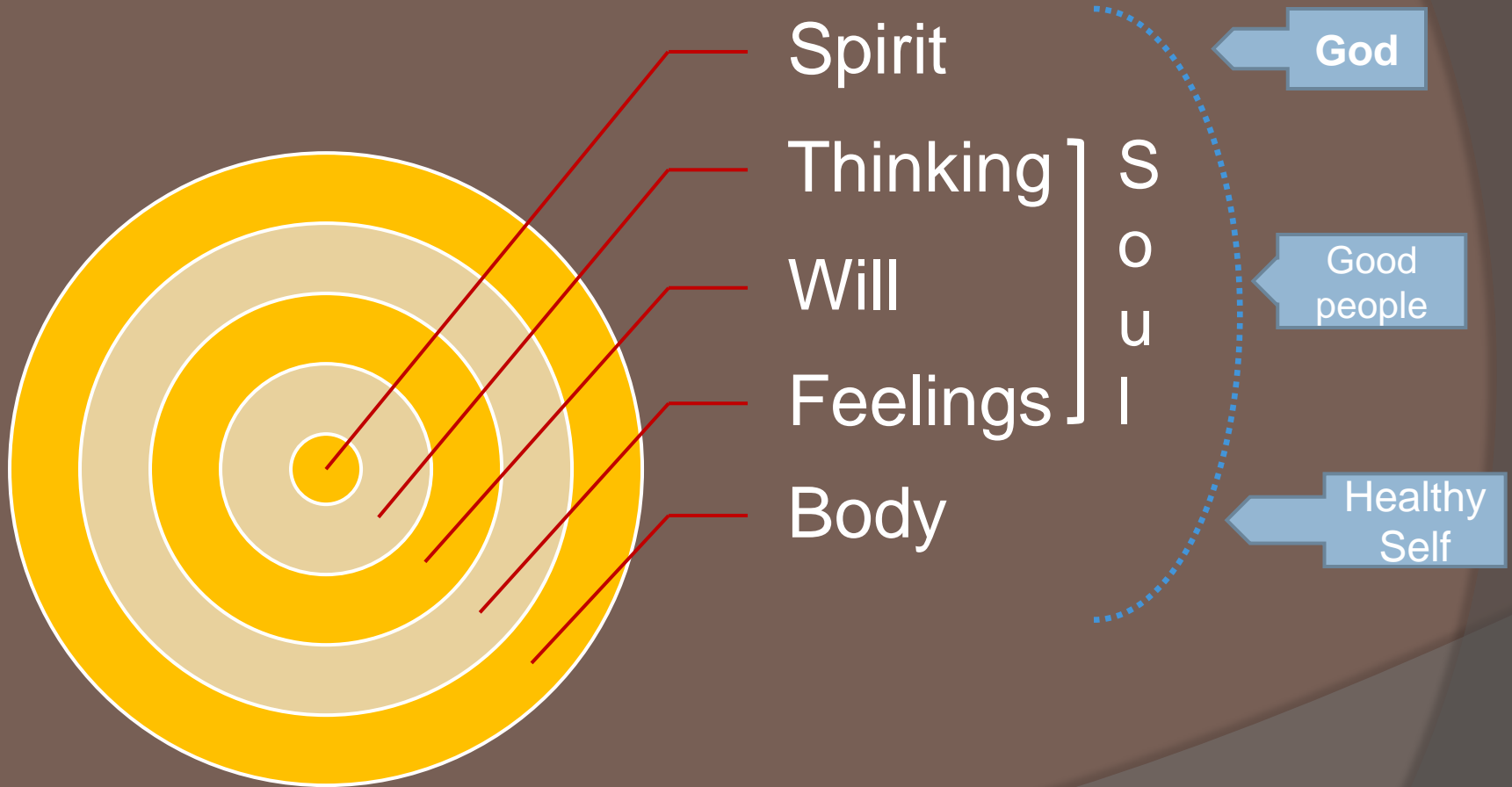
# 3 Sources - 3 Bad Outcomes



# 3 Sources for 3 Good Outcomes



# Winning over Depression



# Our Spirit

- “Sin is our refusal to be in relationship with God which in turn messes up all our other relationships.” Eugene Petersen.
- "It was a perfect sacrifice by a perfect person to perfect some very imperfect people. By that single offering, he did everything that needed to be done for everyone who takes part in the purifying process." (Hebrews 10:14)
- Be reconciled to God and know that you are unconditionally loved by a Father. You have identity, security and significance.

- ⦿ Take your stand against malevolent spirits.
- ⦿ Read, pray, worship, fast (alone and with other people)
- ⦿ Love (give your life away)

# Our Soul

- ⦿ Practice Mindfulness
- ⦿ “15 minutes”
- ⦿ “Three things”
- ⦿ Learn how to express yourself
- ⦿ Invest in friendships
- ⦿ Look after yourself (“Benevolent attention”)
- ⦿ Agreeing with the truth and not our feelings

# Cognitive Behavioural Therapy

3

2

1

4

Date	What happened?	What thoughts?	What feelings?	Counsel to self (& action)?
16/3/11	Preparing for talk in Edinburgh	How can I speak on something I don't have total victory over?	Afraid, incompetent, disqualified.	God has made me competent. 2 Cor 3:4-6. Go for it. You will help many people. Be bold. Prepare well.

Try and make this Scriptural and Concrete

# Our Bodies

- ⦿ Sleep
- ⦿ Eat
- ⦿ Get out more!
- ⦿ Breathe properly
- ⦿ Exercise

# Medication

- “Antidepressant is such an unfortunate term. ‘Neurotransmitter supplement’ would be a better term.” (Paper from GP surgery)
- Not addictive
- Boost neurotransmitters
- If you are not depressed taking an antidepressant will do nothing for you
- N.B. Coming off an anti-depressant needs to be a carefully managed process.

# Conclusion

- ⦿ Fight depression on all fronts – spirit, soul and body (medically if necessary).
- ⦿ Just keep at it.
- ⦿ Don't be ashamed or cowed by depression. Don't let this world be robbed of the gift that God intends you to be.

# Resources

## Website

- ◎ [www.nhs.uk/Conditions/Depression](http://www.nhs.uk/Conditions/Depression)

This is a very good web site and on it you will also find links to many other good web sites.

## Books:

- ◎ *Undoing Depression*, Richard O'Connor Ph.D.

This is one of the best books I have read on depression from a secular point of view. Read this book!

## BOOKS

- *Overcoming Depression* by Paul Gilbert.  
This book is good at helping you understand the process of Cognitive Behavioural Therapy. I don't agree with everything he says as he doesn't write with God as part of the healing process. However, it is still a good book.
- *Christian Set Yourself Free* by Graham and Shirley Powell. Good book on spiritual authority and overcoming spirits. The drawback with this book is that I think it is perhaps a little simplistic. Nonetheless, it is the most thorough treatment of spiritual authority that I know of.
- *Awakening the Dead* by John Eldridge.  
A book on physical and spiritual realities of living as a Christian. An easy read.