



Depression

Study Questions

Depression and the Christian

Read through Psalms 42 and 43 and think about the different ways David describes how he is feeling about the situation he is in:

1. Can you identify with any of these?
2. David questions his feeling three times and challenges his feelings with a statement of faith. Are you able to do this with your current situation?
3. Are you able to trust God's love for you at this time? If not, can you think of ways in which you can restore that trust?

How will I know if I have depression?

4. Can you identify anything in your past or changes that are currently happening in your life that may be making you feel depressed?
5. Read through the questions listed in this chapter. Do many of them apply to you?
6. Read Hebrews 4:14-16. Are you able to pray with confidence, knowing that Jesus experienced trials during his time on earth and fully understands your weaknesses?

What causes depression?

7. Do the reasons listed in this chapter describe things that have happened to you or which are happening at this current time?
8. Are you overcome by your own or other people's expectations of you? Are they realistic? If not, what can you do to help relieve the pressure you may feel under?

9. The Bible teaches us that we become Christians because of God's grace given to us (Ephesians 2:8-9). Think of the ways in which God has been gracious to you and learn to trust in that grace to see you through your current situation.

What should I do?

Do not be afraid to admit that you may need help. Speaking with someone about how we feel is the first step to healing and wholeness. Some helpful questions that you may wish to ask yourself first are:

10. Do I have a right relationship with God?
11. Do I always think negatively? Do I consider myself a failure, a person who always seems to be letting others down?
12. Are my current commitments to work, friends and family wearing me down? Do I have enough energy to cope with life?

Why do bad things happen to good people?

13. Study the Bible passages quoted in this chapter. Are you convinced that God's love and power do not contradict each other?
14. Can you think of a time in your life when things seemed to go wrong, but later realized that God had allowed this for your good?

Am I right with God?

15. Whenever you feel guilty ask yourself, 'have I sinned against God?' 1 John 1:9 tells us what do to with feelings like this. If you still feel guilty, talk it over with someone whom you can trust.
16. Try to find as many Bible verses as you can that tell you that you are a Christian through faith in Jesus not through how you feel.

What you see is what you get

17. Spend some time thinking about who God is, and how he reveals himself to you through creation and through the Bible (Psalm 19). Do you see his hand at work in the world and his love demonstrated in the lives of those who know him?
18. Give yourself a reality check. How do you think God sees what is happening in your life at the moment?

I am who I am

19. Do you try to value yourself by comparing yourself with others? Discover your true uniqueness by accepting God's evaluation.
20. Read 1 Corinthians 15:1-11 and think about the way in which Paul describes himself. Can you say of yourself, 'By the grace of God I am what I am'?
21. Do you find self denial difficult? Stop beating yourself up about it and focus your attention on Jesus, asking him to help you and strengthen you.
22. Read Psalms 42 and 43 again and notice again how David brought his feelings under control by exercising his faith.

When we feel stressed out

As we have seen in this chapter, stress plays a big part in our lives. It can spur us on to greater achievement or it can overwhelm us and bring us to a standstill. Use the three suggestions in this chapter by asking yourself the following questions:

23. Am I able to express how I really feel – to God and to others?
24. How can I develop a strategy in dealing with the stress in my life?
25. How can I put in place a time to relax and rest, knowing that this will enable me to function better and honour God in my life?