

The Abiding Word Online

Biblical Principles for Christian Growth

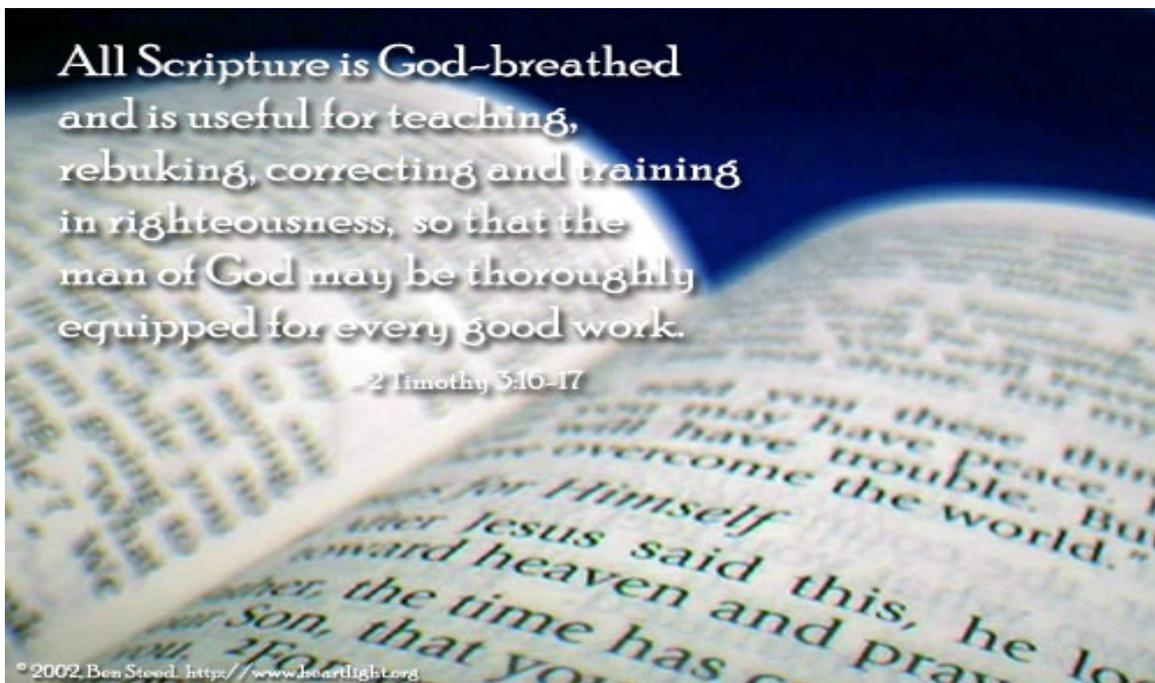
Online Bible Study

The following article is part of a series of study notes, outlines and discussions on Biblical Subjects. The goal is to deal with and express Biblical Principles for Christian Growth.

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All is presented for the glory of God and His son Jesus Christ.

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No. 5 - Study Guide For Overcoming Depression

You can be joyful. – Philippians 4:4

⁴ Rejoice in the Lord always: *and* again I say, Rejoice.

Phil 4:4 (KJV)

1. Study the following verses and list the things that could be circumstantial causes for depression.

³ When I kept silence, my bones waxed old through my roaring all the day long.

⁴ For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

Psalms 32:3-4 (KJV)

- a.
- b.
- c.

¹ Truly God *is* good to Israel, *even* to such as are of a clean heart.

² But as for me, my feet were almost gone; my steps had well nigh slipped.

³ For I was envious at the foolish, *when* I saw the prosperity of the wicked.

⁴ For *there are* no bands in their death: but their strength *is* firm.

⁵ They *are* not in trouble *as other* men; neither are they plagued like *other* men.

⁶ Therefore pride compasseth them about as a chain; violence covereth them *as* a garment.

⁷ Their eyes stand out with fatness: they have more than heart could wish.

⁸ They are corrupt, and speak wickedly *concerning* oppression: they speak loftily.

⁹ They set their mouth against the heavens, and their tongue walketh through the earth.

¹⁰ Therefore his people return hither: and waters of a full *cup* are wrung out to them.

¹¹ And they say, How doth God know? and is there knowledge in the most High?

¹² Behold, these *are* the ungodly, who prosper in the world; they increase *in* riches.

¹³ Verily I have cleansed my heart *in* vain, and washed my hands in innocency.

¹⁴ For all the day long have I been plagued, and chastened every morning.

Psalms 73:1-14 (KJV)

- a.
- b.
- c.

⁶ And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?
⁷ If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door.
And unto thee *shall be* his desire, and thou shalt rule over him.

Gen 4:6-7 (KJV)

- a.
- b.
- c.

²⁸ Whither shall we go up? our brethren have discouraged our heart, saying, The people *is* greater and taller than we; the cities *are* great and walled up to heaven; and moreover we have seen the sons of the Anakims there.

²⁹ Then I said unto you, Dread not, neither be afraid of them.

Deut 1:28-29 (KJV)

- a.
- b.
- c.

² Attend unto me, and hear me: I mourn in my complaint, and make a noise;

³ Because of the voice of the enemy, because of the oppression of the wicked: for they cast iniquity upon me, and in wrath they hate me.

⁴ My heart is sore pained within me: and the terrors of death are fallen upon me.

⁵ Fearfulness and trembling are come upon me, and horror hath overwhelmed me.

⁶ And I said, Oh that I had wings like a dove! *for then* would I fly away, and be at rest.

⁷ Lo, *then* would I wander far off, *and* remain in the wilderness. Selah.

⁸ I would hasten my escape from the windy storm *and* tempest.

Psalms 55:2-8 (KJV)

- a.
- b.
- c.

¹⁷ And he said unto them, What manner of communications *are* these that ye have one to another, as ye walk, and are sad?

¹⁸ And the one of them, whose name was Cleopas, answering said unto him, Art thou only a stranger in Jerusalem, and hast not known the things which are come to pass there in these days?

¹⁹ And he said unto them, What things? And they said unto him, Concerning Jesus of Nazareth, which was a prophet mighty in deed and word before God and all the people:

²⁰ And how the chief priests and our rulers delivered him to be condemned to death, and have crucified him.

²¹ But we trusted that it had been he which should have redeemed Israel: and beside all this, to day is the third day since these things were done.

Luke 24:17-21 (KJV)

- a.
- b.
- c.

³³ And the king was much moved, and went up to the chamber over the gate, and wept: and as he went, thus he said, O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!

2 Sam 18:33 (KJV)

- a.
- b.
- c.

⁷ And *as* he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat.

⁸ Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? *am* not I better to thee than ten sons?

1 Sam 1:7-8 (KJV)

- a.
- b.
- c.

¹ The burden which Habakkuk the prophet did see.

² O LORD, how long shall I cry, and thou wilt not hear! *even* cry out unto thee *of* violence, and thou wilt not save!

³ Why dost thou shew me iniquity, and cause *me* to behold grievance? for spoiling and violence *are* before me: and there are *that* raise up strife and contention.

⁴ Therefore the law is slacked, and judgment doth never go forth: for the wicked doth compass about the righteous; therefore wrong judgment proceedeth.

Hab 1:1-4 (KJV)

a.

b.

c.

Note particularly the circumstances that are present when you are prone to become depressed.

2. **According to 1 Peter 1:3-5, 2 Corinthians 6:10, and 1 Thessalonians 4:13, are sorrow and rejoicing incompatible? Is there a difference between sorrow and depression?**

³ Blessed *be* the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,

⁴ To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

⁵ Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.

1 Peter 1:3-5 (KJV)

¹⁰ As sorrowful, yet alway rejoicing; as poor, yet making many rich; as having nothing, and *yet* possessing all things.

2 Cor 6:10 (KJV)

¹³ But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

1 Thess 4:13 (KJV)

Answer:

3. **Philippians 4:4, tells us to “rejoice in the Lord.” What do the words “in the Lord” suggest about the way to overcome depression? What does it mean to be “in the Lord”? What does it mean to “rejoice in the Lord”? Are you “in the Lord”? List the reasons that you have for “rejoicing in the Lord”.**

Answer:

4. **Philippians 4:4 is a command, suggesting that being a joyful person and overcoming depression will require personal effort and responsibility. It will not happen automatically. It will happen as you think and do what God wants you to think and do. Study the following verses and note what you must do to overcome depression.**

⁸ I have set the LORD always before me: because *he is* at my right hand, I shall not be moved.

⁹ Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

Psalms 16:8-9 (KJV)

Comments:

¹ Blessed *is* the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

² But his delight *is* in the law of the LORD; and in his law doth he meditate day and night.

³ And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalms 1:1-3 (KJV)

Comments:

¹ Blessed *is he whose* transgression *is* forgiven, *whose* sin *is* covered.

² Blessed *is* the man unto whom the LORD imputeth not iniquity, and in whose spirit *there is* no guile.

Psalms 32:1-2 (KJV)

Comments:

¹⁷ If ye know these things, happy are ye if ye do them.

John 13:17 (KJV)

Comments:

²² But be ye doers of the word, and not hearers only, deceiving your own selves.

²³ For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

²⁴ For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

²⁵ But whoso looketh into the perfect law of liberty, and continueth *therein*, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

James 1:22-25 (KJV)

Comments:

²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

²³ Meekness, temperance: against such there is no law.

²⁴ And they that are Christ's have crucified the flesh with the affections and lusts.

²⁵ If we live in the Spirit, let us also walk in the Spirit.

Gal 5:22-25 (KJV)

Comments:

¹³ Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 15:13 (KJV)

Comments:

⁵² And the disciples were filled with joy, and with the Holy Ghost.

Acts 13:52 (KJV)

Comments:

²³ A man hath joy by the answer of his mouth: and a word *spoken* in due season, how good *is it!*

Proverbs 15:23 (KJV)

Comments:

¹⁹ For what *is* our hope, or joy, or crown of rejoicing? *Are* not even ye in the presence of our Lord Jesus Christ at his coming?

²⁰ For ye are our glory and joy.

1 Thess 2:19-20 (KJV)

Comments:

5. Make a “think and do” list of profitable things you can think about and do when you are tempted to be despondent. Compare Philippians 4:8-9.

⁸ Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

⁹ Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. **Phil 4:8-9 (KJV)**

6. Make a list of your responsibilities. Note which ones you are fulfilling well and regularly. Also note those that you have been or are prone to neglect because you don't feel like doing them. Ask God to help you do what you should do regardless of how you feel, plan a schedule which gives you time to do all that you really must do, and then get busy fulfilling your responsibilities. Don't focus on how bad you feel or how you dislike the task. Focus rather on God, His will for you, His promises and provisions for you, and the help He will give you to do anything that He wants you to do (Phil. 2:12-13; 4:13).

¹² Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

¹³ For it is God which worketh in you both to will and to do of *his* good pleasure.

Phil 2:12-13 (KJV)

¹³ I can do all things through Christ which strengtheneth me.

Phil 4:13 (KJV)

- 7. Focus on serving God and others in practical ways. Make a list of your abilities and gifts. Ask others to evaluate your strengths. Read Romans 12 and see where you fit into the picture. Make a list of specific ways in which you can serve God and other people. Begin immediately to put that list into practice. Keep a record for a little while of how you serve God and others. Plan how you will serve God in your home, church, community, school, job, etc.**