



**General Topics :: How many people here suffer from depression**

**How many people here suffer from depression - posted by deltadom (), on: 2006/6/13 14:15**

I am wondering how many people suffer from depression

**Re: How many people here suffer from depression - posted by brentw (), on: 2006/6/13 14:32**

I personally dont by the grace of God... but I know Spurgeon did.  
CH Spurgeon would be so depressed they said he couldnt or wouldnt preach at times.

**Re: How many people here suffer from depression - posted by hmmhmm (), on: 2006/6/13 15:06**

i dont have that heavy depression , when there is no hope in life it self. I used to feel like that often, that life didnt have anything for me and the best thing to do was to take as much drugs possible so that i just would pass out... and often i felt like total darkness.

but in my deepest darkest hour... he saved me .. he gave me the will to live back.. he gave me a new life. Born of GOD. Everything made new.

But sure there are hard times...im in some hardship right now, i feel depressed, but i know i already won, no matter how i feel. My lord provided the victory 2000 years ago.  
no matter how i feel or what is going on in my life . what the devil says..

im saved by the grace of god...  
now may my life or death bring glory to his wonderful name...

now i belive becuse our generation has so much comfort and everything is instant... we have bad patience...and we are so used to good standard.(in my country) so when hardship comes and bad feelings we want to take them away..there are pills and medicine and we think its wrong to suffer... i belive if you dont suffer you wont grow in christ. we want so of ten the eazy way..the shortcut.... the microway.  
one minute salvation then we are done... one man said there are no shortcuts to heaven... the only way is by the cross... . and that hurts....

gods peace to you  
christian

**Re: - posted by Logic, on: 2006/6/13 16:06**

Depression is a self centered oppression of life.

If you were to turn the depression toward someone or something and away from yourself, it would be call compassion.

If you are bound by depression, pray God if he would redirect it toward His haerts' burden.

**Re:, on: 2006/6/13 17:40**

Just wanted to add my two cents. There are certain types of depression that need to be treated by either therapy or medication.

Bipolar manic depression is a serious mental illness that if left untreated will result in the patient becoming out of control and placing himself/herself and others in danger.

As for depression itself, it effects everyone at one point or another in their life. Our minds and bodies are constantly going through changes. Hormones and sugar levels being out of wack could cause us to feel depressed or down and out. To o much time to sit and think will cause us to become depressed. Keeping yourself busy is the best remedy for a down and out mentality. Go to the ant. I could easily alow myself to slip into depression if I didnt keep myself busy. An idle mind i s the devils workshop.

**Re: - posted by habakkuk3 (), on: 2006/6/14 17:41**

I spent close to 20 years on some type of medication for depression. These were the years where I had no heart for God at all and was sunk in despair most of the time.

At least for me, this depression was a sin. The sin was that I was not getting my way (i.e. anger turned inward). Oh how painful it is when we try to force God into doing it "our way." I'm happy to say that he's never acquiesced to me once despite sometimes days and weeks of whining in the prayer closet.

I'm not painting everyone with the same brush but that's what I was told by the Holy Spirit about my own heart. As I began to seek Jesus, the depression left. It was simply a sovereign act of God. I had no desire for medications and no withdrawal effects (I was taking Paxil).

In fact, the week after I began to seek Jesus my dear grandmother died but the Lord carried me and has continued to do so.

That was five years ago and the Jesus has carried through some very difficult fires during these last five years. All I can say is thank you Jesus and testify that deliverance is available. When you read the Psalms, it's clear that David at times appeared depressed but the Lord God always met him and delivered him.

When there's an accusing spirit, you can be certain that it's the devil. "You're never going to get free of this depression." Know that if this is what you're hearing, it's demonic. Jesus will never accuse us, as long as we're willing to trust and obey and walk out our repentance. Jesus is faithful to deliver His people.

**Re: Depression - posted by mamaluk, on: 2006/6/14 18:16**

Dear Saints,

'Spiritual Depression', by the late Martyn D. Lloyd Jones, is a good read for Christians who'd like to examine this condition.

I see depression, most times, as spiritual battles. Battles which can only be won with the armour of God, laid out in Ephesians 6 in the Spirit of Christ.

These actions have helped me whenever I fall into depression :

- to self-examine and confess sins if there are any
- to acknowledge this condition and ask for intercessory prayers from others
- to reckon the fiery darts and wiles, such as accusations from the devil as reality, and pray accordingly and unceasingly.
- to remind myself of contentment despite difficult circumstances or emotions

It seems also that depression occurs more frequently as I age.

O well, just some of my thoughts, but it's surely good to read your posts over this.

**Re: How many people here suffer from depression - posted by roadsign (), on: 2006/6/14 18:24**

Depression is sometimes referred to as the "common cold" of mental health. It is pervasive. And it is hard to detect because it can be well-masked. It is hidden under such behaviors as adultery, homosexuality, crime, illness, constant smiling, explosions of anger etc.

Signs may be: eating too much, not enough, sleeping too much, not enough, etc. Usually, you see a sad melancholy face with flat expression.

There are a lot of possible predispositions. But often its roots is anger turned inward, so you don't feel the anger anymore because you've buried it into the unconscious. (let the sun go down on it) That pattern can be something you learned early in life.

Depression is very serious - the cause of suicide. How many times has someone taken their life and even their closest associates didn't know they were suffering so intensely.

**General Topics :: How many people here suffer from depression**

There is no easy quick fix. The more we understand depression, the more we can do something about it.

Of course, the first step, as Habukkuk expressed, is to cry out to God and ask him to help you. Ask him to reveal the cause - no matter how painful that may be. It will require being honest about whatever God reveals - ex surrendering deep rooted bitterness, forgiving,

It may take meds. I would never tell one to stop taking meds and instead just trust God. Let God lead them to that point.

.. anyway.. that's just some thoughts to add to the discussion...

You've asked a great question. It could happen to any of us.

Some years ago when I was very ill and couldn't cope, I "accidentally" came upon a book called, 'Why Christians Crack up'. At the time I was sure I was going to crack up and quite ready for it. So I thought I'd read the book and get a head start. That book may very well have prevented me from sinking into depression during the difficult days ahead. It was immensely revealing and helpful! Or should I say, GOD was very helpful.

Diane

**Re: - posted by Combat\_Chuck (), on: 2006/6/16 2:23**

check out the book of Jonah sometime. He has weirrird mood swings.

**Re:, on: 2006/6/16 6:52**

Niacin one of the B vitamins brings me out of the "winter blues". Make sure it's NON Flushing or your ears will have a burning sensation. Purely natural and some depressions are related with not eating a good balance diet. Eating the wrong foods is no different than eating the wrong foods spiritually. Jesus said, "Becareful HOW you hear". Notice that junk food taste good, but have no nutritional value to our bodies. We hear thunderous preaching and we are so caught up in the thunder and the lightening that we just accept whatever that preacher is dishing out to us. Like Pidgeons in the park, they eat whatever from whoever.

I agree with the poster who said, "Depression is a selfish disorder, depression turned outwardly is called compassion".

Even though that is a word of knowledge, it must not be used as to condemn ourselves, but rather realize it for what it is and then deal with it. The reason why I say this is because, most of us who experience depression don't know that, even yours truly.

I experience depression often, and I think it's due to the changes that the LORD is doing inside me as most of you know that I was a homosexual.

The LORD has told me recently that I could have easily have INSTANTANOUSLY delivered you and I have and will continue to do so in the lives of those whom I choose to do so with. But for YOU, I have chosen to work thru you My ways, I have driven out many things, little by little. I want you to understand somethings, by wisdom I have stretched out the heavens, by understanding I have established them. Tho we shall walk together in the shadow of death you shall come forth as gold. You are my workmanship, created for good works.

But I say, but LORD I do not see any of these things, and His reply, "because your in darkness, the shadow of death surrounds you, but have you not read how that I seperated the light from the darkness, I will do this in your life. YOU shall become a testimony and it shall be broadcasted that I am a God that changeth not and I live and rule and reign in the hearts of men down here on earth. This generation will know that I am not dead, but very much alive and as I live you shall live also.

Karl

**General Topics :: How many people here suffer from depression**

**Re: - posted by W\_D\_J\_D, on: 2006/6/16 7:20**

How do i help someone who is a professing Christian who is currently suffering with this life crippling state?????

dot points plz.

God bless u all

**Re: - posted by enid, on: 2006/6/16 7:33**

To be honest, I personally do not have any short fast answers to this one. But I do know of Christians who were hospitalised for depression, and were taking medication for it. For my part, it looks bad on the body of Christ when Christians have to be treated by the world in order to have their minds put right. We are supposed to have the mind of Christ. Is this what that Scripture means? I guess we would all say no to that one. But we do have to question it's origin. For that matter, what is depression, how do you define it? We are suppose to give answers to the world, not more questions about life. How can you witness, verbally for Christ, when you are in a hospital taking medication for depression? Somehow, you have to question that. I have. I still do.

**Re: How many people here suffer from depression, on: 2006/6/16 8:07**

Quote:

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But I say, but LORD I do not see any of these things, and His reply, "because your in darkness, the shadow of death sorrounds you, but have you not read how that I seperated the light from the darkness, I will do this in your life. YOU shall become a testimony and it shall be broadcasted that I am a God that changeth not and I live and rule and riegn in the hearts of men down here on earth. This generation will know that I am not dead, but very much alive and as I live you shall live also.

Karl

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Dear brother,

Thank you so much for sharing this with us. My heart truly rejoices for this precious word from the Lord to you. Amen and amen.

'Tho we shall walk together in the shadow of death you shall come forth as gold. You are my workmanship, created for good works... as I live you shall live also.'

These are **wonderful** words! Thank you, Lord.

**Re: - posted by beenblake (), on: 2006/6/16 10:46**

Quote:

-----How do i help someone who is a professing Christian who is currently suffering with this life crippling state?????  
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Dear W\_D\_J\_D,

I wish there was an easy answer to this question. However, there is not. I have known depression myself, and have dealt with many others who have suffered from this. My mother has been diagnosed as being bipolar. For many years, my family thought it was due to the Devil attacking her. However, after she was saved, she still suffered from bouts of depression.

Being such, it is very important that we classify two types of depression. There is physical depression and spiritual depression.

ssion. Both produce the same results in a person, and as such, it may not be easy to figure out which one a person is suffering from.

## PHYSICAL DEPRESSION

This depression occurs from a chemical imbalance in the body. The person has a physical illness or disability. If you were to fall sick with the flu, it is not a spiritual problem, but merely a physical problem. You could be at the peak of spiritual wellness, and yet still fall victim to an illness. The same is true with someone who has physical depression. The problem is simply biological in some way resulting from an upset in the body.

As such, it is also important to classify two versions of physical depression. I am not sure of the technical names, but there is permanent depression and temporary depression. For instance, a person may be born with depression and suffer from depression all their life. Or, a person may suffer from a bout of depression temporarily brought about by a change in their chemical balance.

A person who is born with depression has a permanent chemical balance and must suffer through it their whole life. Medications can be helpful in this, but not always. It is a struggle to have a family member who is born with this sort of mental illness. This is the case with my mother. Sadly, depression is not something easily identified or understood, and often can cause children to become extremely confused. It is really important for children born to mentally ill parents to understand that it is a physical condition much like being born retarded. The children should also seek counseling and have a strong social circle of adults for backup support.

A person who is suffering from a bout of depression does so due to physiological or environmental changes. For any and all people, physical health is important for maintaining strong mental health. It is important to eat on a regular basis and sleep on a regular basis. Also, beware of any and all drugs or foods digested into the system, especially those that directly effect the chemicals of the body. Each person has a unique chemical makeup, and each person may be effected differently by different drugs. For instance, my wife tried some birth control awhile back that caused her to become severely depressed. Once she was off the medication, she returned to normal. However, that month she cried every day in sadness. Likewise, caffeine and sugar intake can cause some people to be depressed. And most certainly, alcohol and drugs can cause long term bouts of depression in people, especially if they are used irregularly. For instance, if a person you know is smoking pot or drinking once every so often, this can cause them to become severely depressed as the body is constantly trying to adjust to the flux of chemicals.

Other changes can also bring about depression. If a person moves to a new climate, the body has to adjust to the new environment. This can cause depression. If the person sits too much, this can cause depression by a lack of inactivity. It is important to exercise for mental health. When the blood flows, the chemicals move through the body properly. The sun can affect the body as well as it affects the production of chemicals in the body. Other changes as well can cause physiological changes. If you can isolate the thing that causing the depression, you can then change it in order to overcome the depression.

## SPIRITUAL DEPRESSION

Spiritual depression is obviously a spiritual problem relating directly to the person's relationship with God. For people who don't have Christ inside them, depression and anxiety is often a dominant trait in them. They try to mask it or hide from it by clinging to a false God. Some take up drugs and alcohol. Others, sadly enough, are completely satisfied with themselves. Still, I have never known a person who was from the Lord sleep well at night. How can anyone without God ever feel secure?

Christians, who have the Spirit and are born again, are not exempt from spiritual depression. We should not be depressed spiritually, however, we still suffer from bouts of depression.

I suppose, just like there is two forms of physical depression, there is also two forms of spiritual depression. A person who does not have Christ suffers from a permanent spiritual depression. They are born with the disease. However, a person who is born again in Christ, will only suffer from a temporary bout of depression. In Christ, they are perfected in Christ.

Spiritual depression is a case where the Spirit, the Spirit of Christ, inside a person is being depressed by the self. Another way to say this is simply this: the person is rejecting God through a lack of faith. The person is not fully and completely putting their trust in the Lord. Instead, they are turned toward themselves or the world.

Truly, spiritual depression is an act of immense selfishness. Instead of trusting in Christ, who lives and dwells inside of them, instead of relying on His grace and power, the person looks at the self and begins to trust in the self. Sometimes, a person may do this and not show any signs of depression because the self doesn't fail them at first. Instead, a person like this thinks really highly of him or herself. They are really prideful and arrogant. They think they are on top of the world. They think, "I am great. Look at what I have done."

However, once that person faces failure, they can quickly enter into a period of sadness where they grieve the loss of self. The person will then go around thinking, "I am worthless. Look at how terrible I am. Look at what I have done." In this state, the traditional signs of depression begin to show.

Sometimes, this spiritual depression can occur by not trusting in the Lord's promises and wanting instead immediate gratification. For instance, a person may become depressed because they have been praying and praying for the Lord to take away an illness like cancer. But it never happens. Or they pray for a new job and it never happens. The person becomes extremely depressed because they didn't get the relief they wanted. Instead, the person must focus their hope on the Lord Himself, realizing that the Lord put them there and will keep them there. If a person has cancer, the Lord allowed it and will help them through it. However, you may have to suffer immense physical pain for His sake. Or you may have to continue working that job you don't like for the sake of the Lord.

Sometimes, spiritual depression occurs because we refuse to give a sin over to Christ. We either strive to defeat it by our own power, or just plainly refuse to repent. In this case, we become depressed because we have denied the Spirit who is contending with us to do God's will.

Truly, however, at the core, we become depressed from a lack of trust in the Lord. When we stop trusting in the Lord, when our faith becomes weak, we will become depressed. We must learn to abide in Christ, so that He may abide in us. When Christ abides in us, we are filled with joy as joy is a fruit of the Spirit.

## HELPING A FRIEND

When we have a friend or loved one who suffers from depression, we must truly give them our utmost love. This does not mean we try to make them happy. One of the largest errors people make is to confuse love with making another person happy. Rather, our goal must be to seek their best and encourage them to draw near to the Lord or seek help for a physical illness. In this case, love can sometimes be harsh and require some difficult moves on the part of the friend.

As a friend wanting to help, you must beware of several pitfalls. When a person suffers from spiritual depression and/or selfishness, you must beware of becoming their dependent. When a person is depressed, they often are in a state of seeking relief or happiness. No one wants to be depressed. And so, they are seeking a way out of it. The moment a person stops seeking, they give up hope and become suicidal. Otherwise, they are seeking. Spiritually, they are seeking God and don't realize it. Physically, they want relief. As a friend, you must be careful not to become their God. Modern Psychology terms this co-dependence. If you constantly try to make this person happy, there is a danger this person will become dependent on you for happiness. This is dangerous for not only the person you are trying to help, but for you. This person will drain the life from you.

If a person is in pain and they lie around complaining about it, don't pity them. Don't sit there and go, "I know, it's terrible. You shouldn't have to suffer." This will only cause them to complain more. Instead, show them how other people who suffered in pain endured through the pain to give God glory. This may require a little research and study on your part. Find encouraging stories where people have grown in faith by suffering for the Lord's sake. The Bible is full of these stories.

Also, always, always turn them toward Jesus for help. Let them know you can't help, but Jesus can. Truly, only the Lord is capable of carrying such a burden. I can remember trying to make my mother happy, and she would continually call me so that I could make her happy. This neither helped her, and caused me to be depressed. Now, I constantly direct her to the Lord for happiness. And now, she calls me with wonderful stories of joy.

Another pitfall to beware is joining them. Often times, you can encourage the behavior of depression by validating their selfishness or depression. You can join them by wallowing in sadness with them. You can make them worse by justifying or excusing their behavior. When this happens, they never seek a change but instead stay constantly depressed.

Rather, in love, you need to be honest with them. Do not let them wallow in sadness, especially in the case of selfishness.

s. If they are wallowing in self-pity, tell to stop whining and remind them about the needs of others. Show them how worse off other people are. Help encourage them and direct them to the Lord. This will be difficult for you often times, because people will become upset with you. Especially when you tell them to give or help others. When a person is acting in selfishness, they will become angered when they are told to give. They will say, "What about me? I can't give to others. I have needs. Who will meet my needs?" However, continue to pray and show them how giving is the greatest gift of joy we have. When we give to the Lord, He blesses us with more in return.

Remember this: you can't force anyone to seek out help. When a person is suffering from depression, they must hit a point when they realize there is a problem. You can't help someone who doesn't want to be helped. Pray for them, that the Lord will open their heart and mind to this plague that effects them. Give up all your concern to the Lord, and ask Him to be your stronghold through this difficult time. Pray for your loved one, and encourage them to seek out the Lord for help.

I hope this helps.

In love,  
Blake

PS....A good book for anyone who is learning to abide in Christ, struggling in spiritual depression, or seeking to grow in faith is called "The Christian's Secret to a Happy Life" by Hannah Whitall Smith.

**Re:, on: 2006/6/16 12:31**

A friend of mine who is dynamic in her walk. She is a walking encouraging machine. Her faith is in action, not works and she is an example in the community. Yet in her weakness, she finds herself being checked into the psychiatric ward of the hospital. Why? She has told me that she has a disorder in that she can't sleep for days perhaps weeks. She goes to the hospital because there she knows she'll get the sleep she needs, there she'll sleep for a week. This is what she told me, but I just heard recently from a friend of mine that she told him that her husband is driving her crazy.

So there are multiple forms of depression, some are spiritual and some are food related, not getting the proper nutrition.

I have looked at dreaming Joseph how he spent all those years in prison. People not understanding him, and misunderstanding him. I know what that is like, it's frustrating to no end. You can't speak for fear of being misunderstood, so we stay silent. But when the reason comes, man oh man the weight is lifted, you see why.

Jesus was depressed in the garden, but prayed and continued to pray. When He was about to die, He felt the rejection from the Father, as the sin bearer became separated outside the camp. But when it was over, when the reason why comes, the joy that was set before Him, you endure anything and everything.

I think of Jeremiah sinking in the pit of despair, we think that we would have rejoiced, maybe, maybe not. He had a whole nation against him, he stood before Kings, princes, nobles only to have them laugh him to scorn, put down, knocked down, spat upon. He was an insult to their word of faith thinking that all is well and all shall be well.

Nothing is new under the sun.

Karl

**Re: - posted by ccchhhrrriisss (), on: 2006/6/16 12:34**

Hi Combat\_Chuck...

Quote:

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Combat\_Chuck wrote:

check out the book of Jonah sometime. He has weirrrrd mood swings.

-----

I don't know why, but that comment made me laugh out loud! Thanks!

:-)



**Re: How many people here suffer from depression, on: 2006/6/16 20:04**

Deltadom,

I recently learned from personal experience that depression can be caused by allergies, as well as the more frequently noted causes. Allergy meds (Zertec D, in my case) seem to work well, while antidepressants made me feel wacky and provided little or no relief.

Bub

**Re: - posted by sermonindex (), on: 2006/6/16 20:35**

Charles Spurgeon used to suffer from depression badly that he would not even want to leave his bed. His wife used to post views on the wall above the bed from the Psalms to encourage him.

These bouts would come on him suddenly and would be after a long period of work. Depression states are not those that should be desirable to stay in. The Joy in the Holy Spirit is opposite this emotion and would should not allow the devil, the world and the flesh to rob us of this joy. Hold fast to that which thou hast...

**Re: How many people here suffer from depression - posted by irunbarefoot, on: 2006/6/17 10:28**

I used to suffer from constant depression, especially when I would look at the current state of many churches. (Seriously) It would grieve me and make me sick to my stomach. I worked on staff at some churches, so I was in a continual state of depression at the mess. Then I'd listen to Leonard Ravenhill's stuff, and realize that I wasn't that off base. I'm prone to depression anyway, never been medicated though.

Just my 0.02

-Sean

**Re: - posted by MrBillPro (), on: 2006/6/17 11:58**

I think the times I thought I was going through a depression I really believe now it was just God humbling me. :-)

**Re: - posted by letsgetbusy (), on: 2006/6/17 18:35**

I struggle with depression. There are sometimes long periods that I go without dealing with it at all, and then other times I feel gripped by it. The odd thing is, if you met me, you would have a hard time believing that I hit low because I am very social around people almost all the time. I have multiple family members who have depression issues, or are bi-polar.

Someone who taught our seminary class asked if we were intro- or extravert. I had never thought it about it this way, but he said your answer should rely on where you draw your energy. I am much more positive around people, especially Christians. I almost come out of my skin when I get to hang around a brother or sister who is strong in the Lord for a long period of time.

I am sure God is using the condition for His purposes. I am greatly encouraged to hear that Spurgeon suffered from depression, also. I often fall prey to Satan singling me out and making me feel like I am weird because I am the only Christian that is the way I am. I know that this is a lie, and that I am specially designed by God for a particular reason, but I still let Satan beat me up when I get alone.

You guys are often a help with battling depression, even when we disagree.

**Re: How many people here suffer from depression - posted by CJaKfOrEsT (), on: 2006/6/18 4:10**

I have many friends who suffer from depression, and I come close to it regularly (put it down to having to house my wife and two children in my parents house, while they still living here, for the past 6 months while my house is being built...and there's still another 3 months left:-). For myself, I shake it off by bringing myself through the beatitudes to see where I dropped the ball (normally it's when I don't **want** to be merciful) and repenting, by the grace of God. Mind you, if this isn't followed by connecting with the ones I love, then this repentance is in vain.

I think the depression is one of the most enigmatic ailments of modern Christendom, and "Christian" attitudes toward it are amongst the leading contributors. Depression is often equivalent to leprosy in the eyes of many Christians, with sufferers concealing it, for fear of ridicule and those who don't judging sufferers as inferior (I know this statement is general, so please treat it as such). If we "cut and dry" things down to their base elements, all sickness is due to sin, but who would



ever say that to the cancer sufferer? Why then should depression be treated any differently.

In an ideal world, no one would be taking any medication, but facts are that sicknesses need treating. No one would blame a cancer sufferer for taking chemotherapy, because it may be the difference between life and death. For some depression sufferers the same is true.

Yes depression is caused by selfishness, but most depression sufferers have never been shown how to regulate their emotions. This is where discipleship comes in. Most "churches" alienate and rebuke depression sufferers for having "pity parties" but won't take responsibility for the solution. Loving a depression sufferer is often a case of "loving the unlovely", however for the "spiritually mature" who'll pay the price, the love received for the investment is a "costly love" the compares with the love expressed on the cross.

Unless you have the faith to cast out demons, as Jesus did with Legion, be careful of rebuking the depressed. For the most case, depression is rooted in fear, and the scripture prescribes only one thing to "cast of **all** fear" and that thing is "perfect love". 1 Corinthians 13 describes "perfect love". For those who rebuke, have you loved with this kind of love? If not, then leave the depressed to the one who will...or better yet, become that one.

Re:, on: 2006/6/18 4:42

Quote:  
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-----  
Aaron, I have deliberately connected the statement in bold, to the one after it, rather than before, where I think you meant it. That's because you have expressed beautifully, and with just enough impatience, something the Lord has been showing me of how His love **works**.

I believe that if the maturer Christians can leave themselves behind for the immature, and validate the life of God in those who are apparently 'unlovely', that the unlovely will become lovelier, and, knowing they are loved IN FACT by fellow-believers, will be more able to follow their example of loving others..... which is to them, discipleship..... isn't it.....?

1 John 4:12

No one has seen God at any time.

**If we love one another**

**God abides in us**

and His love has been perfected

in us.

This is perfect love casting out fear, in action.

**General Topics :: How many people here suffer from depression**

**Re:, on: 2006/6/18 5:52**

Quote:

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?? Sin or sins?

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-----

When it becomes clinical that is so but cancer is of the body, depression is of the mind. Which one demands a spiritual solution?

Quote:

-----Yes depression is caused by selfishness, but most depression sufferers have never been shown how to regulate their emotions.  
-----

But for the Christian should this be the case? You must mean that most Christians don't know how to handle "self" --- as in crucifying it.

Orm

**Re:, on: 2006/6/18 6:05**

Quote:

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Healingwaters wrote:

A friend of mine who is dynamic in her walk. She is a walking encouraging machine. Her faith is in action, not works and she is an example in the community. Yet in her weakness, she finds herself being checked into the psychiatric ward of the hospital. Why? She has told me that she has a disorder in that she can't sleep for days perhaps weeks. She goes to the hospital because there she knows she'll get the sleep she needs, there she'll sleep for a week. This is what she told me, but I just heard recently from a friend of mine that she told him that her husband is driving her crazy.

So there are multiple forms of depression, some are spiritual and some are food related, not getting the proper nutrition.

I have looked at dreaming Joseph how he spent all those years in prison. People not understanding him, and misunderstanding him. I know what that is like, it's frustrating to no end. You can't speak for fear of being misunderstood, so we stay silent. But when the reason comes, man oh man the weight is lifted, you see why.

Jesus was depressed in the garden, but prayed and continued to pray. When He was about to die, He felt the rejection from the Father, as the sin bearer became separated outside the camp. But when it was over, when the reason why comes, the joy that was set before Him, you endure anything and everything.

I think of Jeremiah sinking in the pit of despair, we think that we would have rejoiced, maybe, maybe not. He had a whole nation against him, he stood before Kings, princes, nobles only to have them laugh him to scorn, put down, knocked down, spat upon. He was an insult to their word of faith thinking that all is well and all shall be well.

Nothing is new under the sun.

Karl

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This post should be placed in front of us each morning to remind us we aren't unique and we all have a responsibility. We all need to be mindful of the conditions that surround us and cry out to God in the behalf of others who need our intercessory prayers. That's the least we can do when alone with ourselves. May Father impart to us all dispositions as a "Praying Hyde" as we awaken from our sleep.

Thanks, Karl.

:-)rm

**Re: How many people here suffer from depression, on: 2006/6/18 8:30**

Quote:  
-----Aaron said: No one would blame a cancer sufferer for taking chemotherapy, because it may be the difference between life and death. For some depression sufferers the same is true.

Ormly said: When it becomes clinical that is so but cancer is of the body,  
-----

Please could you say how you are defining clinical depression?

Quote:  
-----depression is of the mind. Which one demands a spiritual solution?  
-----

Depression is a poor name for a physical condition which affects the mind.

This is not to say that there are no spiritual connections, but, the real changes which take place in the neuro-chemistry (and biochemistry of the rest of the body) cause changes in how the person is feeling, to the extent that they are no longer thriving, in what could be called clinically **health**.

Would you say that a person who is experiencing the neuro-chemical changes which cause appetite, when food is needed, a 'spiritual' condition? I don't think so. Yet, if you don't give that person food, a new set of biochemical changes set in, to try to help the person live without food. If still no food, there are more.

The same goes for all the normal functions of the body - whether thirst, core temperature control, sleep, ... and so on. In any one of these, not managed properly at an early stage, there is the possibility of what is loosely called 'depression' affecting a person's mood and ability to function normally.

People who experience trauma, bereavement, childbirth, anxiety, surgery, physical exhaustion due to war, or otherwise chronically unhealthy living situations - both emotionally and physically unhealthy - or physical conditions which hamper their normal living potential ..... all these could experience depression - and it's not spiritual in origin - at least, their spiritual state aka their relationship with God, may be fine.

It can be grossly over-simplifying the individual's need, to suggest a 'spiritual solution' is all that is required.... further, to say 'Which one demands a spiritual solution?' as if spiritual solutions are always clear to either the person with the depression, or, to those observing that person, is a cop-out.

If there is 'a spiritual solution', and that is ALL that is needed, then there should be no condemnation of that person's depression, and if they are physically debilitated because of it, Christians should not be as quick as they are, to feel they don't need to be burdened by the physical things with which that person needs to be helped. There is far too much of the 'they brought it on themselves - let them sort it out' mentality amongst Christians.

And if the person does not need a spiritual solution, then they still need love and acceptance in their depressed state, and not to be made to feel they are a failure..... because they can't smile readily enough or have no energy to take part in (the many) church activities (which if they did, no-one would need to bear their honesty about being depressed).

**General Topics :: How many people here suffer from depression**

What I'm trying to say, in this post, is that the physical reality of depression needs to be determined and acknowledged, before an appropriate course of 'therapy', can be prescribed. And still, it will always take time for a person to grow back into long-lasting health, remembering that all their triggers are primed to descend into depression more quickly, than the person's who has never been pressed in this direction.

Nothing I've said above, takes account of those people for whom depression is an aspect of a mental illness, which simply does require appropriate drug therapy.

Now, I believe strongly in the healing of the mind, regardless of the cause of its need for healing, and, I've experienced it, but, it did something completely different for me than fix the physical signs of depression which I experienced for many years due to childhood trauma.

**Re:, on: 2006/6/18 11:52**

Quote:

-----Please could you say how you are defining clinical depression?  
-----

Irreversible brain disorder requiring meds to function.

:-(

**Re: How many people here suffer from depression, on: 2006/6/18 12:13**

Ormly said:

Quote:

-----Irreversible neurological brain disorder requiring meds to function.  
-----

First, thanks.

But..... hmmm.... You surprise me. I thought you believe in healing, by your suggestion that there may be spiritual solutions? Or were you meaning simple demonic aggression, as the reason that 'a spiritual solution' is all that's needed?

Sorry to give you the third degree. Let me say I've read many of your posts, and find we are on the same wavelength much of the time. I'm not trying to *be* hostile, but so many people - and Christians - have trouble working out how to deal with depression - that it seems important to demonstrate in this thread, that there are some Christians who do understand the remedy is not as straightforward as praising the Lord anyway, or of giving oneself a shake, or of more sleep or regular mealtimes.

I agree there are irreversible conditions which have associated with them, a level of depression which requires to be treated with meds, at least for a season, but, ever the optimist, I believe there can be real healing from most conditions - even bio-chemical ones. But, I also recognise I've had a very unusual opportunity to appropriate deep healing from the Lord, because I was able to make it my priority and I wasn't, eventually, willing to let myself be harassed by outward circumstances - though they harassed me for some years - enough to show me there is more to mental health than taking meds or not taking meds, (what I call) hit-and-run prayers, or the presence or absence of demons of oppression.

God can just as easily communicate with a depressed person, as He can with one who is not depressed, and there should be mutual respect between Christians who recognise the Lord in each other, regardless of mental health issues.

**General Topics :: How many people here suffer from depression**

**Re:, on: 2006/6/18 18:03**

Quote:  
-----But..... hmmm.... You surprise me. I thought you believe in healing, by your suggestion that there may be spiritual solutions? Or were you meaning simple demonic aggression, as the reason that 'a spiritual solution' is all that's needed?

Sorry to give you the third degree. Let me say I've read many of your posts, and find we are on the same wavelength much of the time. I'm not trying to be hostile, but so many people - and Christians - have trouble working out how to deal with depression - that it seems important to demonstrate in this thread, that there are some Christians who do understand the remedy is not as straightforward as praising the Lord anyway, or of giving oneself a shake, or of more sleep or regular mealtimes.

Thank you for kind reply and its no third degree I feel from you.

Firstly I believe depression is a result of anger and disappointment; the ingredients for a nervous breakdown. In other words without those two components, depression wouldn't exist. Can the anger and disappointment be psychosomatic or induced by a heredity "negative" disposition? I think so. But if it can be recognized as such and the Lord be introduced into the equation at an early enough stage I believe it can be dealt with on an intimate Spiritual level and rectified more readily than if allowed to fester and feed on the self of the individual and the surrounding discomfiting circumstances. My dad came out of a really bad time of it that lasted for a few years without meds. I mean a severe breakdown. Mother was in and out without meds. In when she allowed the pressures to mount and out when worshipping the Lord in her spirit -- good Spiritual company always helped.

Depression is a horrible time of life not intended to be experienced by the one in Christ, which makes our walk in Him vitally important to be an accurate one; a walk not compromised with the world.

Hope that helps give you more understanding as to where I am in this thing.

:~)rm

**Re: - posted by CJaKfOrEsT (), on: 2006/6/19 7:06**

Quote:  
-----  
Ormy wrote:  
?? Sin or sins?  
-----

Both.

Quote:  
-----When it becomes clinical that is so but cancer is of the body, depression is of the mind. Which one demands a spiritual solution?  
-----

To kill two birds with one stone, I prefer not to refer to "extreme sadness" as "depression" as it tends to water down "clinical depression" in the minds of those who cannot distinguish between the two. Clinical depression is a neurological condition which requires medical treatment.

Quote:  
-----But for the Christian should this be the case? You must mean that most Christians don't know how to handle "self" --- as in crucifying it.  
-----

"Self" is "handled" by "crucifixion" (Gal 2:20; John 3:30)

General Topics :: How many people here suffer from depression

Re: How many people here suffer from depression, on: 2006/6/19 7:19

Quote:  
-----Hope that helps give you more understanding as to where I am in this thing.  
-----  
Ormlly, it does, thanks.  
Quote:  
-----Clinical depression is a neurological condition which requires medical treatment...

I prefer not to refer to "extreme sadness" as "depression" as it tends to water down "clinical depression" in the minds of those who cannot distinguish between the two.  
-----  
This is also helpful. I want to say though, that there are those who probably should have treatment, who don't know how to describe what's wrong, and who somehow pull through, and there are others, who genuinely flip in and out of suicidal feelings, who cannot get the medication they need, even though they report accurately what they are going through. Only once, the Lord permitted me to see and feel for a couple of seconds, what it 'feeling suicidal' feels like, and I was most impressed at how compelling it is.

The last thing a Christian should ever offer to someone who is experiencing these feelings, is permission to proceed. **D** **on't** think it's clever to put the person's resolve to the test. This is a person who has something genuinely broken in their neuro-chemistry, their spirit or their soul - even all three - and they need to hear that there is help from somewhere. It may require a steep learning curve for those of us on the outside - and our time - validating the person's existence while a more permanent solution is found to their need, but, it is worth making the effort, for Christ's sake.

Re:, on: 2006/6/19 10:31

Quote:  
-----  
CJaKfOrEsT wrote:  
  
Quote:  
-----  
Ormlly wrote:  
?? Sin or sins?  
-----

Obviously we will have a disagreement on this one.

My daughter died of cancer at the ripe age of 8 yrs which took hold when she was 5.. Now speak to me about "sins":-(  
  
Quote:  
-----"Self" is "handled" by "crucifixion" (Gal 2:20; John 3:30)  
-----

When does or did this get accomplished in you?

:-orm

Re: - posted by CJaKfOrEsT (), on: 2006/6/20 4:03

Quote:  
-----  
Ormlly wrote:  
Obviously we will have a disagreement on this one.

My daughter died of cancer at the ripe age of 8 yrs which took hold when she was 5.. Now speak to me about "sins":-(  
-----

**General Topics :: How many people here suffer from depression**

Firstly, my condolences. Death caused by sickness is always a tragic thing. Please don't read my words to say "Cancer sufferers have cancer because of sin in their life." This is not what I meant. In fact, Asaph seems to imply the you would be more likely to suffer illness from being righteous than when in sin, in Psalm 73. By referring to "sin" I mean the condition of sin. Usually the one who suffers from the "sins" we commit is not us, but an "innocent party". Consider the variety of causes of cancer in this day and age, and even if we factor out genetic defects caused by the fall (as Answers in Genesis teach), most of these catalysts came about due to some convenience that was intended to make our lives easy, or fun (ie, preservatives, skin cancer - due to sun bathing, etc...). We embrace these things, not realising the ramifications on our life, and run the risk of suffering the consequences.

Quote:

-----"Self" is "handled" by "crucifixion" (Gal 2:20; John 3:30)  
-----

When does or did this get accomplished in you?

Kind of a long story. Was a moment, that began a process. Not finished yet.

**Re:, on: 2006/6/20 6:39**

by CJaKfOrEsT on 2006/6/20 4:03:55

Re: Your response to the first part.

Perhaps we aren't as far apart as I thought.

Thank you.

Quote:

-----"Self" is "handled" by "crucifixion" (Gal 2:20; John 3:30)  
-----

When does or did this get accomplished in you?

Quote:

-----Kind of a long story. Was a moment, that began a process. Not finished yet.  
-----

Not looking for the long story just happy to read your words: "process" and "not finished yet".

However the process part is what I'm interested in since the process doesn't end for any of us though we can be deceived in believing "we have enough success in it" and are ok in regards to what Father requires of us. Fellowship hinges on the revelation that the gospel is an easy message but hard to live out. In fact it is impossible without a sensitive/intimate relationship with the Father. So much for liturgical form of Christian piety and service from self mode. The term "for Jesus' sake" should take on a fresh meaning if the process is understood.

But perhaps I'm straying off topic..... But on the other hand?

In Him,

:~Drm



**Re: - posted by CJaKfOrEsT (), on: 2006/6/20 8:33**

Quote:

-----

Ormlly wrote:

My daughter died of cancer at the ripe age of 8 yrs which took hold when she was 5.. Now speak to me about "sins" :-(

-----

One other note, because I can see how my words could have come across as harsh. My point was never to "water down" cancer, as much as to highlight that depression can be just as serious in cases, just as in some cases, in this day and age, cancer can be a minor and easily treated condition.

My wife often says, "Why do people joke about mental illness without fear of offending people, when they would be considered heartless if they did the same with cancer?" And this was my inspiration.