

# Depression

Part 7 of *Taboo* series

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August 7, 2016

I bought into the stigma of depression: In the world, depression is seen as a sign of weakness.

In the church, depression is seen as a lack of faith.

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

"I am told God loves me – yet the reality of darkness and coldness and emptiness is so great that nothing touches my soul. I feel just that terrible pain of loss, of God not wanting me, of God not being God, of God not really existing." – Mother Teresa

In the company of greatness:

- The Prophet Jeremiah - I am weary with my groaning and have found no rest - Jeremiah 45:3
- The Patriarch Moses - I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now - if I have found no favor in your eyes - and do not let me face my own ruin. Number 11:14-15
- David, King of Israel - Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. Psalm 69:1-2 (NLT)
- The Prophet Jonah - Now, O Lord, take away my life, for it is better for me to die than to live." Jonah 4:3
- The Prophet Elijah - Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, for while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."5 Then he lay down under the bush and fell asleep. I Kings 19:3-5

- The Apostle Paul - We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. II Corinthians 1:8
- Jesus - Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Matthew 26: 38

Common Causes:

- Long-term erosive stress
- Profound loss or trauma
- Unresolved chronic problems
- Pressure to excel
- Spiritual warfare
- Medically verified challenges and imbalances

Open your soul to God's restoration (Psalm 23)

Refuse to isolate yourself (I King 19:3)

Talk it out with a wise counselor (Proverbs 11:14 ESV)

Be open to receiving help (Psalm 107)

Choose to rest (Matthew 11:29 and Exodus 20:8)

Give it away (I Peter 5:7)

Choose to trust in God's unfailing love (Psalm 13)