

Depression

1. Cain's depression was due to guilt.

Gen. 4:6–7. So the Lord said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.”

2. David was very depressed until he confessed his sin of adultery.

Ps. 32:3–4. When I kept silent, my bones grew old Through my groaning all the day long. For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah

3. The way out of depression caused by guilt is confession and seeking God's forgiveness.

Ps. 32:1–2, 5.

4. Put your hope in God when you are downcast.

Ps. 42.

Ps. 42:5–6. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.

5. Words of comfort were given to the faithful of Israel as they became depressed while in Babylon. They were called to put their faith into action in their dark hour.

Isa. 40.

6. We may experience some tough situations, but we can avoid deep depression.

2 Cor. 4:8–9. We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.

2 Cor. 4:16–18. Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

7. Think of what Paul went through, without getting depressed, sustained by God's grace.

2 Cor. 11:23–28. Are they ministers of Christ?—I speak as a fool—I am more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness—besides the other things, what comes upon me daily: my deep concern for all the churches.¹

¹ John G. Krus, *Quick Scripture Reference for Counseling*, electronic ed. (Grand Rapids, MI: Baker Book House, 1994).