

Biblical Counseling

Depression

Part 2

Depression

Biblical Truth is Critical

God's Sovereignty

Romans 8:28–29

²⁸ And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

²⁹ For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren;

Psalm 115:3

³ But our God is in the heavens; He does whatever He pleases.

Depression

Biblical Truth is Critical

God's Sovereignty

Proverbs 16:9

⁹ The mind of man plans his way, But the LORD directs his steps.

Genesis 50:20

²⁰ “As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.

Depression

Biblical Truth is Critical

Contentment

Philippians 4:10–13

¹⁰ But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked opportunity.

¹¹ Not that I speak from want, for I have learned to be content in whatever circumstances I am.

¹² I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.

¹³ I can do all things through Him who strengthens me.

Depression

Biblical Truth is Critical

The Mind

What are you thinking about?

Colossians 3:1–2

¹ Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God.

² Set your mind on the things above, not on the things that are on earth.

Depression

Biblical Truth is Critical

Living Definitively for God's Glory

Galatians 2:20

²⁰ “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Galatians 5:24

²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Galatians 6:14

¹⁴ But may it never be that I would boast, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

Depression

Biblical Truth is Critical

Regularly confess patterns of sinful thinking

Romans 8:6

⁶ For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,

Romans 13:14

¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

Depression

Set a Course to Put on Righteousness

Time in the Word

Scripture memory and meditation

Worship

Service

Evangelism

Depression

Some thoughts for those who struggle with introspection and/or guilt

Psalm 32:5

⁵ I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin. Selah.

Depression

Some thoughts for those who struggle with introspection and/or guilt

“We all agree that we should examine ourselves, but we also agree that introspection and morbidity are bad. But what is the difference between examining oneself and becoming introspective? I suggest that we cross the line from self-examination to introspection when, in a sense, we do nothing but examine ourselves, and when such self-examination becomes the main and chief end in our life. We are meant to examine ourselves periodically, but if we are always doing it, always, as it were, putting our soul on a plate and dissecting it, that is introspection.” MLJ

Depression

Our Lord's Provision

Matthew 11:28–30

²⁸ “Come to Me, all who are weary and heavy-laden, and I will give you rest.

²⁹ “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS.

³⁰ “For My yoke is easy and My burden is light.”

Biblical Counseling

Victory Over Anxiety

Anxiety

God's Command

Philippians 4:6

⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Anxiety

God's Command

¹ Peter 5:5–7

⁵ You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.

⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,

⁷ casting all your anxiety on Him, because He cares for you.

Anxiety

Retraining Our Minds

Philippians 4:4

⁴ Rejoice in the Lord always; again I will say, rejoice!

Philippians 4:5

⁵ Let your gentle spirit be known to all men. The Lord is near.

Anxiety

Retraining Our Minds

Philippians 4:6

⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Anxiety

Retraining Our Minds – God’s Provision

Philippians 4:7

⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Anxiety

Retraining Our Minds – Don't Stop Yet!

Philippians 4:8

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.