

The Spiritual Roots of Depression and Anxiety





What this seminar is NOT:

- An accusation that depression is a sin, or always necessarily a result of a person's sin
- An analysis of chemical imbalances or other suspected causes of depression or anxiety

Some depressing statistics...

- About 9.5 percent of the U.S. population age 18 and older have a depressive disorder.
- Unipolar major depression is the leading cause of disability in the United States.
- The average age of onset of major depression 50 years ago was 29. Recent statistics indicate average age of onset at 14.
- Depressive disorders often co-occur with anxiety disorders and substance abuse.

...And more depressing statistics

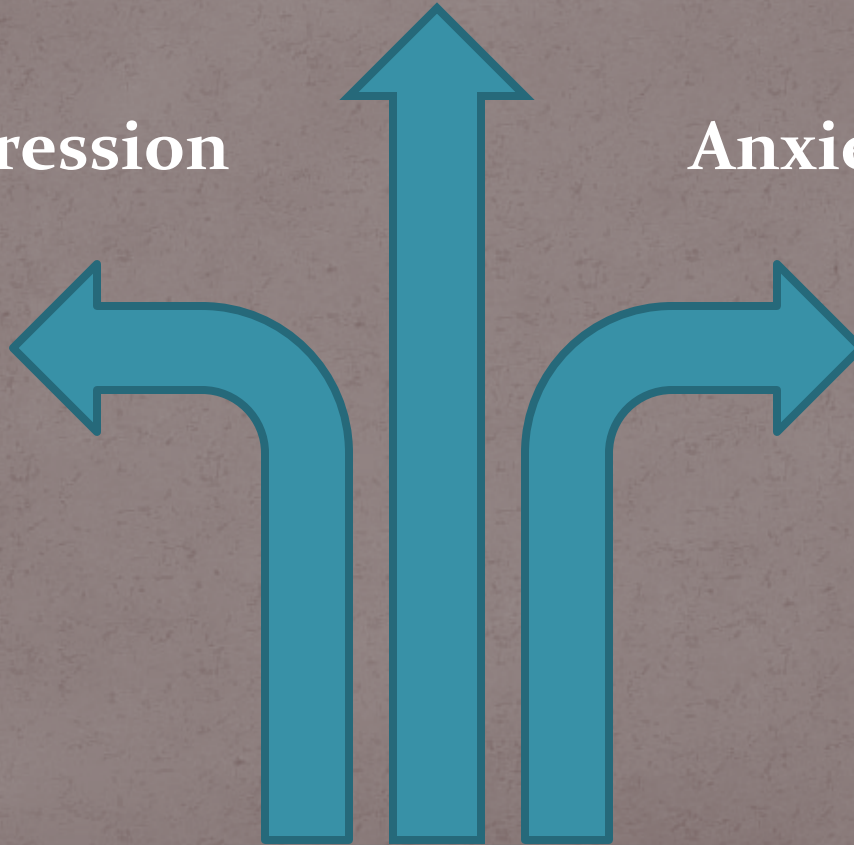
- Approximately 19.1 million American adults ages 18 to 54, or about 13.3% of people in this age group in any given year, have an anxiety disorder.
- Anxiety disorders frequently co-occur with depressive disorders, eating disorders, or substance abuse.
- Anxiety disorders are the most common mental health problem in the United States today.

www.depressionperception.com

Looking unto Jesus

Depression

Anxiety



Depression

- **Bulimia**
- **Idolatrourous relationships**
- **Fantasy**
- **Pornography**
- **Self-mutilation**
- **PTSD**
- **Feeling worthless**
- **Feeling unlovable**

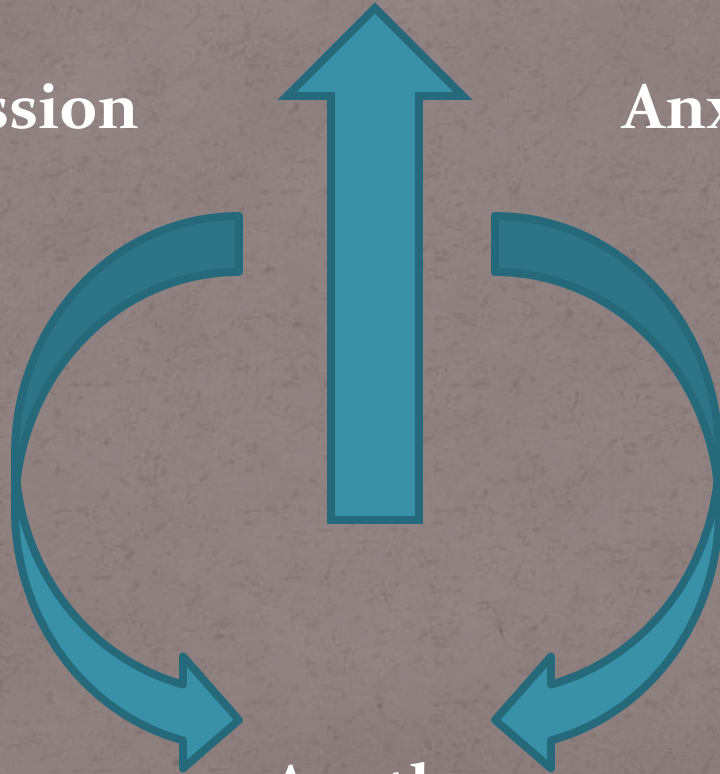
Anxiety

- Anorexia
- Control issues
- Legalistic perfectionism
- Phobias
- Anxiety attacks
- Fear of abandonment
- PTSD
- Obsessive-compulsive disorder
- Feeling we can “earn” love or worth

Looking unto Jesus

Depression

Anxiety



Apathy

Guilt or shame?



“The person who manages to deny his pain behind a façade of togetherness is dangerously vulnerable to developing compulsively sinful habits because he’s not dealing a deathblow to the wrong strategies that block his enjoyment of the Lord. The unrecognized and largely unfelt ache in his soul still demands relief. He’s ripe for being hooked.” *Inside Out*, p. 101

What are you worth?



Biblical foundation of love and worth



Depression: A Stubborn Darkness, p. 31

“If depressed persons assume that their problem is fundamentally medical, asking them to look at their relationships or their basic beliefs about God will seem as useful as prescribing physical exercise for baldness.”

When you are depressed or anxious:

- Meditate on God, not self or feelings
- Don't try to reason with anxiety or depression
- Prayerfully surrender and ask God what is at the root
- Refuse to cherish Satan's lies—rebuke them with the Word of God

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray.” *The Ministry of Healing*, p. 251

Philippians 4:6, 7

“Be careful for nothing: but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Depression: A Stubborn Darkness, pp. 43,
44

“All suffering is intended to train us to fix our eyes on the true God. Therefore, depression, regardless of the causes, is a time to answer the deepest and most important of all questions: Whom will I trust? Whom will I worship?”