

DEPRESSION HOMEWORK

- 1) Ask other people to pray for you and to provoke you to biblical obedience. Stay away from people who give you the wrong kind of sympathy and encourage your self-pity, excuse making, brooding, or the neglect of responsibilities. (Study I Cor. 15:33; Prov. 22:24, 25; 14:7; Gal. 6:1; Heb. 3:12, 13; 10:24, 25 concerning the kind of companions you need.) Decide whom you will ask for prayer and encouragement, and ask them.
- 2) Make a “think and do” list of profitable things you can think about and do when you are tempted to be despondent. Compare Philippians 4:8,9. One of the first items on your “think and do” list might be to think about profitable things you can think about and do when you are tempted to be despondent. Keep this list with you on 3x5 cards, pull it out and get busy doing the things listed on it when you begin to feel blue.
- 3) Make a list of your responsibilities. Note which ones you are fulfilling well and regularly. Also note those that you have been or are prone to neglect because you don’t feel like doing them. Ask God to help you do what you should do regardless of how you feel; plan a schedule which gives you time to do all that you really must do, and then get busy fulfilling your responsibilities. Don’t focus on how bad you feel or how you dislike the task. Focus rather on God, His will for you, His promises and provisions for you, and the help He will give you to do anything that He wants you to do (Phil. 2:12,13; 4:13). In all you do in obedience to God, count on His presence and help and blessing.
- 4) Make a list of at least 50 to 75 blessings that God has bestowed upon you. Look at every area of your life: spiritual, physical, family, financial, social, work, possessions, environment, community, housing, abilities, opportunities, etc. Continue daily to add to this list as you become aware of new benefits God is bestowing upon you. The blessings are there. We need to develop the habit of seeing and recognizing them. As you make your list of benefits, specifically thank God for each time. Make it a daily practice to give specific thanks for particular things. (Phil. 4:8; Ps. 34:1; Eph. 5:20)
- 5) Maintain a regular practice of daily Bible reading and study, prayer and meditation. Plan your procedure; schedule a regular time for your devotions; and put your plans into action. Keep a written record of what you get out of your devotional time. Ask mature Christians for help in making them more profitable. Seek immediately to implement what you learn and to share it with other people.

Taken from: *A Homework Manual for Biblical Living* by Wayne Mack

Study Guide for Overcoming Depression
Philippians 4:4

1. Study the following verses and list the things that could be circumstantial causes for depression.
 - a. Psalm 32:3,4: _____
 - b. Psalm 73:1-14: _____
 - c. Genesis 4:6,7: _____
 - d. Deuteronomy 1:28,29: _____
 - e. Psalm 55:2-8: _____
 - f. Luke 24:17-21: _____
 - g. II Samuel 18:33 _____
 - h. I Samuel 1:7,8: _____
 - i. Habakkuk 1:1-4: _____

Note particularly the circumstances that are present when you are prone to become depressed.

2. According to I Peter 1:3-5, II Corinthians 6:10, and I Thessalonians 4:13, are sorrow and rejoicing incompatible? Is there a difference between sorrow and depression?
3. Philippians 4:4 tells us to "rejoice in the Lord." What do the words "in the Lord" suggest about the way to overcome depression? What does it mean to be "in the Lord?" What does it mean to "rejoice in the Lord?" Are you "in the Lord?" List the reasons that you have for rejoicing "in the Lord."
4. Philippians 4:4 is a command, suggesting that being a joyful person and overcoming depression will require personal effort and responsibility. It will not happen automatically. It will happen as you think and do what God wants you to think and do. Study the following verses and note what you must do to overcome depression.
 - a. Psalm 16:8,9: _____
 - b. Psalm 1:1-3: _____

- c. Psalm 32:1,2: _____
 - d. John 13:17: _____
 - e. James 1:22-25: _____
 - f. Galatians 5:22,24: _____
 - g. Romans 15:13 _____
 - h. Acts 13:52: _____
 - i. Proverbs 15:23: _____
 - j. I Thessalonians 2:19,20: _____
5. Make a "think and do" list of profitable things you can think about and do when you are tempted to be despondent. Compare Philippians 4:8,9. One of the first items on your think and do list might be to think about profitable things you can think about and do when you are tempted to be despondent. Keep the list with you on 3x5 cards, pull it out and get busy doing the things listed on it when you begin to feel blue.
 6. Make a list of your responsibilities. Note which ones you are fulfilling well and regularly. Also note those that you have been or are prone to neglect because you don't feel like doing them. Ask God to help you do what you should do regardless of how you feel, plan a schedule which gives you time to do all that you really must do, and then get busy fulfilling your responsibilities. Don't focus on how bad you feel or how you dislike the task. Focus rather on God, His will for you, His promises and provisions for you, and the help He will give you to do anything that He wants you to do (Phil. 2:12,13; 4:13). In all you do in obedience to God, count on his presence and help and blessing.
 7. Focus on serving God and others in practical ways. Make a list of your abilities and gifts. Ask others to evaluate your strengths. Read Romans 12 and see where you fit into the picture. Make a list of specific ways in which you can serve God and other people. Begin immediately to put that list into practice. Keep a record for a little while of how you serve God and others. Plan how you will serve God in your home, church, community, school, job, etc.

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Depression/Satan's Lies	God's Truth	Scripture
I must withdraw so I don't inflict my pain on anyone else. Keep my head down and hibernate until I have the energy to face the world.	I am a part of God's family and need to share my burdens and pain. I need friends – they are the hands of God.	Gal 6:2, Eph 4:2, Heb 3:13; 10:24-25, Rom 15:1,2,5-7,15; 1 Thess 5:11,14; Col 3:12-18; 1 Cor 12:26
I am defeated	I have victory through the cross	2 Sam 22:36; 1 Cor 15:55-58; 1 John 5:3-5
I am overwhelmed	I am safe in His hands	Rev 21:4
I am suffocating	I may be oppressed but not dying	1 Thess 5:16-18; 2 Thess 3:3
It's too hard/I can't do it anymore	God is faithful – He will be all I need	Phil 4:13; 1 Cor 10:13; Heb 3:6, 10:23
It hurts too much	Endurance & perseverance are gifts of God's grace to the trusted. Suffering is a privilege.	James 1:2-4, 12; Rom 5:3-5; Phil 1:29; Heb 10:36
I'm too much trouble/ a burden	I'm a child of the King. I need to repent of any sin making me difficult then trust in God's sovereignty	Ps 68:20 Ps 71:5 Ps 141:8
I'm pathetic/useless etc.	So what? God uses broken vessels!	2 Cor 4:7-9
I'm too tired	I can find my rest in Him	2 Sam 22:29-33; 1 Cor 1:8-9; 1 Thess 5:23-24
Nothing matters anymore	Truth matters, His glory & Testimony matter.	2 Cor 4:16-18 1 Cor 10:31; Col 3:17
I don't want to fight / live	My life is not my own. What I want doesn't matter – what does God want?	Phil 1:20-21; 1 Cor 3:16-17
I can't see tomorrow	His grace is sufficient for today. He is hope. He is God.	2 Cor 12:9; Heb 13:8
I don't have the energy to care	God cares	2 Cor 1:9-10
I just can't cope	His strength is made perfect in weakness	1 Pet 5:8-11
Everyone's better off without me	Not my decision to make. God is in control – not me!	Ps 131 1 Pet 5:5-7
I want to give up	Hang in there – God knows, He cares and He is sufficient. Keep looking up.	Heb 12:1-2; 2 Cor 4:16-18; Rev 21:7
I feel so alone	God will never leave me nor forsake me	James 4:8; Josh 1:9; Heb 13:5
No-one understands	Have you tried telling anyone? God always understands. Cry out to Him	Heb 4:15-16 Ps 34:17, 57:2, 72:12
No-one cares	Some do but most importantly God does.	1 Pet 5:7; John 3:16
Everything is pointless	Sovereign God has a plan and He is good.	Rom 8:28-29; 2 Cor 1:3-4, 4:9-10

“The bubble of oppressive pain is all-encompassing but by faith I know beyond that bubble is a God who is bigger than the biggest storm, mightier than any enemy, stronger than any temptation and He holds me securely in His arms of love. He won't let go even if I do. He loves me enough to allow me to suffer the fire (even though His Father's heart breaks at my tears) because He wants more for me than I do.

He wants me to become who He made me to be. His plans for me are more wonderful than my dreams. His future for me is more amazing than my ambition. His purpose for me is to glorify Him – Creator God, Almighty Yahweh, Loving Merciful and

Compassionate Father, Faithful One.

My Saviour – My Lord.”

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