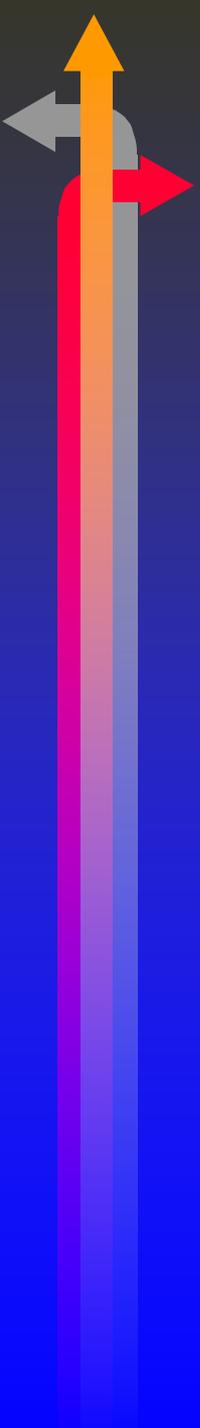
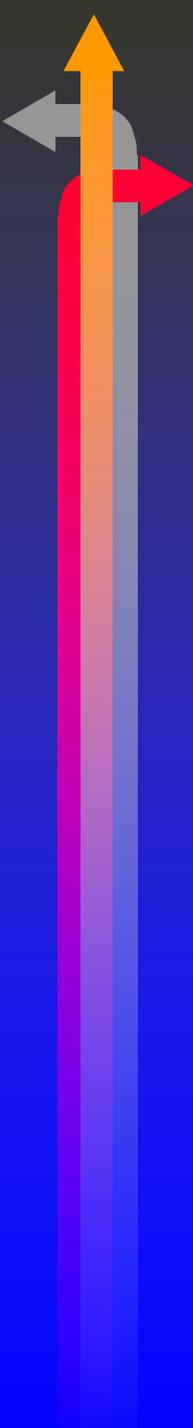


NANC Biblical Counseling Class

Lesson 11: Depression, Fear & Worry

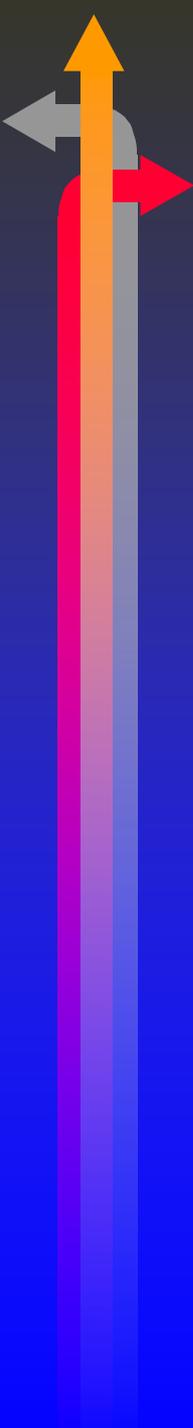


XIV. Depression

A decorative vertical bar on the left side of the slide. It features a gradient from blue at the bottom to orange at the top. At the top, there are three arrows: a grey arrow pointing left, a red arrow pointing right, and a larger orange arrow pointing up.

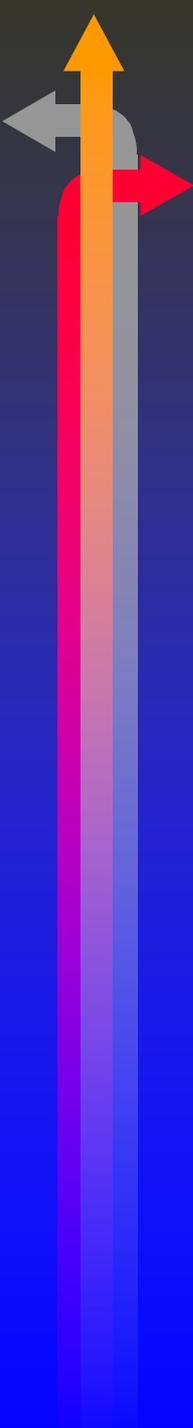
A. A Definition & Description of Depression

1. NANC – “a debilitating mood, feeling, or attitude of hopelessness, which becomes a person’s reason for not handling the most important issues of life.”
2. Description:



B. The Bible and Depression

1. Biblical terms: downcast, despair, countenance falling, disturbed
2. Biblical examples:
 - a. Cain – Genesis 4
 - b. Elijah – 1 Kings 19
 - c. David – Pss. 32, 38, 51
 - d. The Psalmists - Pss. 42, 43
 - e. Jeremiah – Lam. 3
 - f. Paul – 2 Cor. 1:8

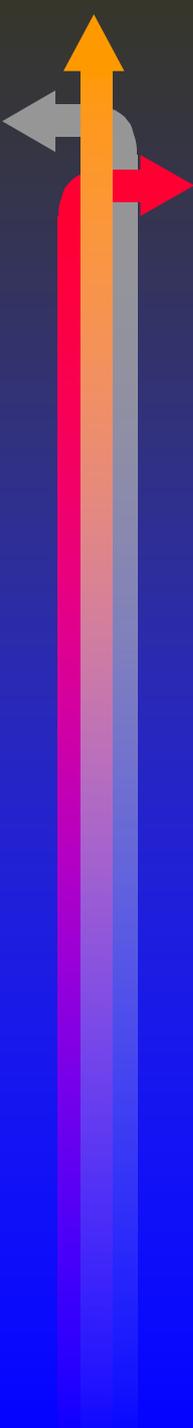


C. Depression Today

1. Labels and terminology

- a. From a psychological standpoint, someone who has been “diagnosed” as “depressed” or “bi-polar” should be distinguished from someone who simply feels down, discouraged, or blue
- b. Psychologists distinguish between Dysthymic Disorder (less severe, often called situational depression) and Major Depression (more severe, often called clinical depression)¹

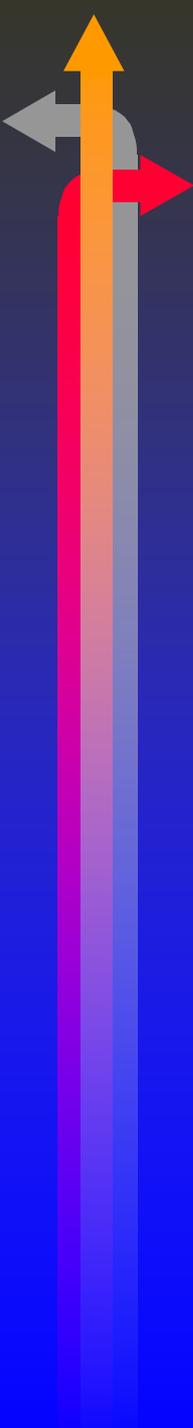
¹ Ed Welch, *Depression* (New Growth Press), 27-28.



C. Depression Today

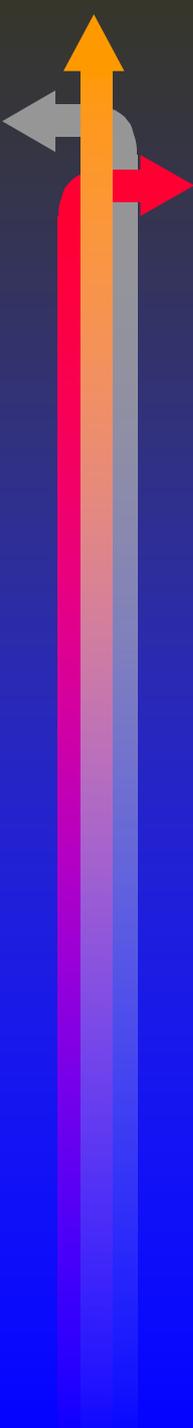
2. The biological or medical model

- a. The most widely accepted theory of depression today is called the biological or medical model
- b. This theory proposes that depression is the result of a chemical imbalance in the brain
- c. Today, most would hold that depression is the result of low levels of the neurotransmitter, serotonin.
- d. Usually medications are prescribed which supposedly “fix” the chemical imbalance and thus “cure” the depression



C. Depression Today

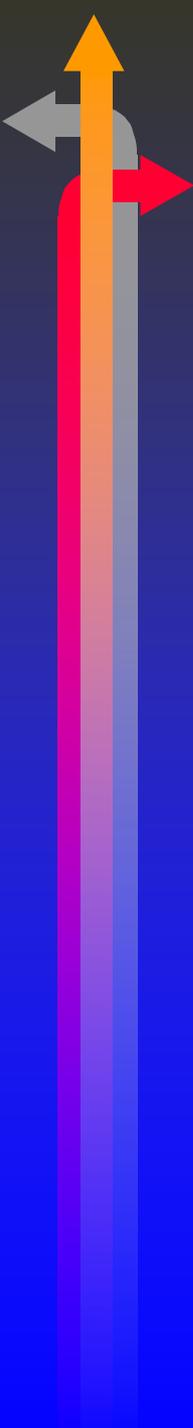
3. Problems with the medical model
 - a. Brain physiology is still so poorly understood that no neurotransmitter imbalance or balance has ever been documented
 - b. Even if brain chemical levels were able to be measured, one could not determine if the chemical levels caused the depression or if the depression changed the chemical levels
 - c. The mechanism of many psychological drugs is unknown or inconclusive



C. Depression Today

- d. Research continues to show that cognitive behavioral therapy is just as effective as psychological medications in treating depression¹
- e. Furthermore, medications are not remotely close to 100% effective

¹ Welch, *Depression*, 212



D. A Biblical Model for Understanding Depression

1. Causes of depression
 - a. Medical problems
 - b. Side effect of prescription medications
 - c. Spiritual problems
2. The cycle of depression:

**COMMANDMENT
ORIENTED (Matt. 7:24)**

For God's glory, seek to
honor and please Him

CIRCUMSTANCES



Godly, righteous response

HOPE

By grace through
faith

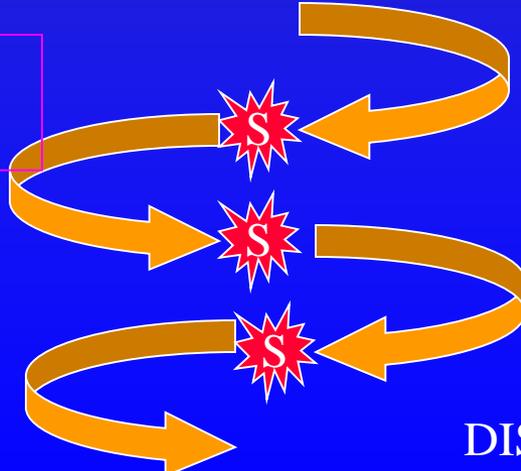
To please self, seek to
get my idol or lust

By flesh through
unbelief

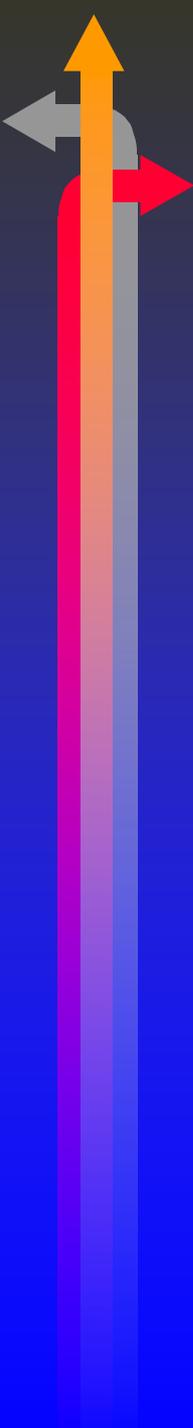
Ungodly, sinful response

GUILT
DISCOURAGEMENT
DISPAIR

**FEELING ORIENTED
(Matt. 7:26)**



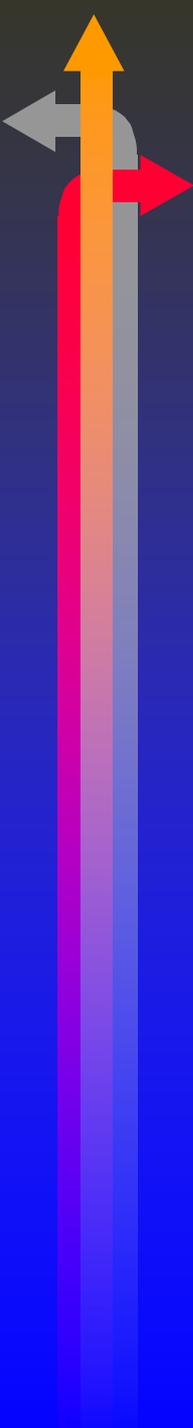
DISPAIR, DEPRESSION



D. A Biblical Model for Understanding Depression

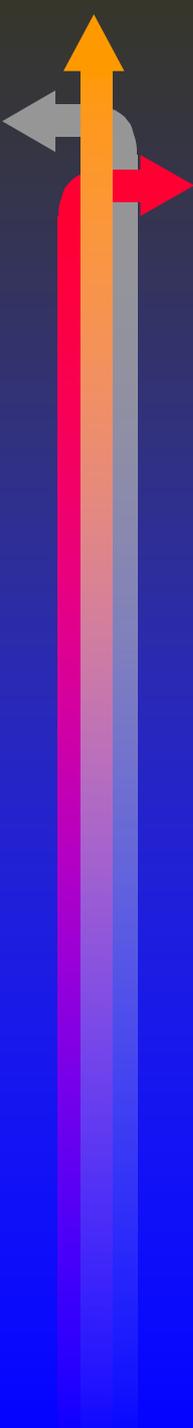
3. Biblical principles:

- a. Feeling-oriented versus commandment-oriented ways of living (Matt. 7:24-27)
- b. Circumstances are not the issue. The issue is always how we respond to the circumstances. Consistently responding sinfully to circumstances is what feeds the feelings of depression
- c. The goal is to honor and please God, not to get my way or have my feeling change (2 Cor. 5:9)



D. A Biblical Model for Understanding Depression

- d. Feelings follow actions (Gen. 4:7). Right feelings follow right actions.
 - i. People think they cannot do what is right until their feelings change.
 - ii. People think that changing their feelings is of first priority.
 - iii. The Bible teaches that we must go against our feelings and do the righteous thing for God's glory.
- e. We must learn to talk to ourselves instead of listening to ourselves (Ps. 42:11, 43:5). Our feelings often lie. We must tell ourselves the truth (Phil. 4:8).

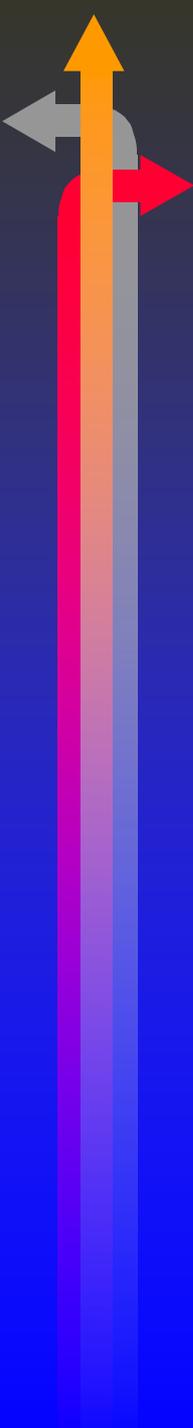


D. A Biblical Model for Understanding Depression

4. The bottom line is that people who are depressed must learn to respond righteously for the glory of God, regardless of how they feel.

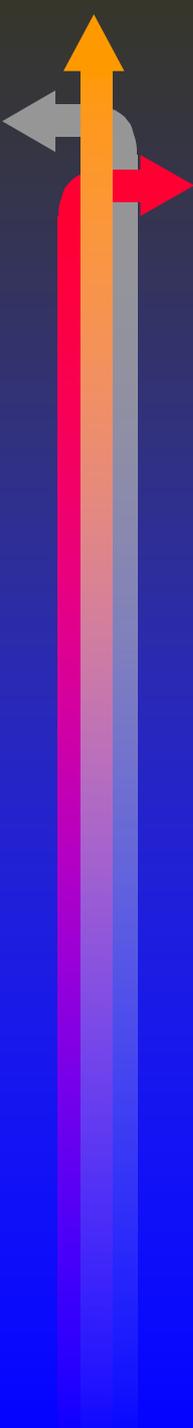
“In depression, the new way of living is to *believe* and act on what God says rather than *feel* what God says. It is living by faith.” – Ed Welch

“The key to warding off depression, then, is this: do not follow your feelings when you know that you have a responsibility to discharge. Instead, against your feelings, you must do as you should. And when you do, even if at first you do so mechanically, simply because you want to please God and you know that He wants you to do this, in time your feelings will change. You must not wait until you feel like it, or you may never feel like doing that task. Nor must you try to change your feelings directly; you cannot do that. Do what you know God wants you to do, **WHETHER YOU FEEL LIKE IT OR NOT**, and a change in feelings will take place, as a by-product, in time.” – Jay Adams

A decorative vertical bar on the left side of the slide, featuring a gradient from blue at the bottom to orange at the top. It includes a white arrow pointing up, a grey arrow pointing left, and a red arrow pointing right.

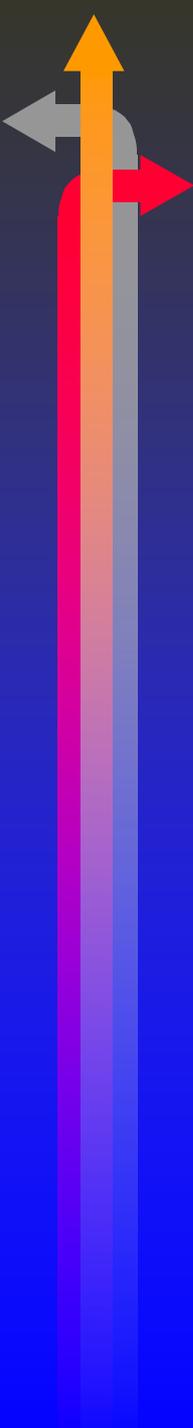
E. Counseling Those Who Are Depressed

1. Gather lots of information
2. Make sure they have had a recent, thorough medical exam
3. Establish a God-centered view of life (Rom. 8:28-29, 2 Cor. 5:9, 1 Cor. 10:13)
4. Teach them the cycle of depression, including:
 - a. Circumstances versus their own response
 - b. Commandment-oriented living versus feeling-oriented living
 - c. Feelings follow actions



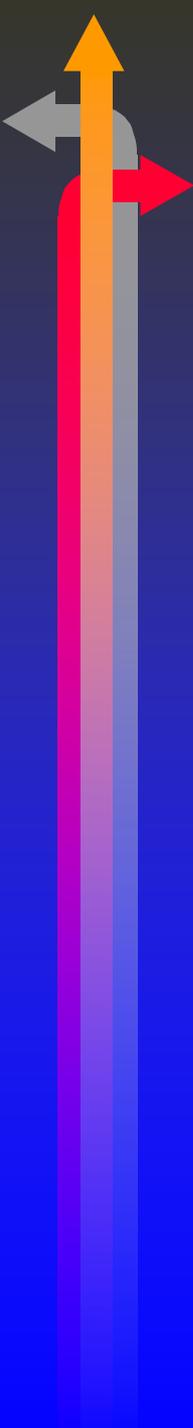
E. Counseling Those Who Are Depressed

5. Teach them to “listen” to their depression. What is their depression teaching them about their own heart?¹
 - a. “I am afraid”
 - b. “I am guilty” or “I am ashamed”
 - c. “I lost something”
 - d. “I need something”
 - e. “I am angry”
 - f. “I must avoid something”

A decorative vertical bar on the left side of the slide. It features a gradient from blue at the bottom to orange at the top. At the top, there is a grey arrow pointing left, a red arrow pointing right, and a larger orange arrow pointing upwards.

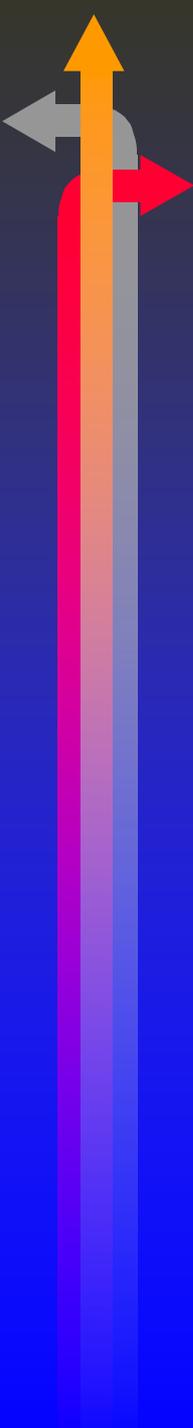
E. Counseling Those Who Are Depressed

- g. “Woe is me”
 - h. “I have no hope”
 - i. “I am trusting in Christ and waiting on Him”
6. What do those beliefs, thoughts, desires, and motives reveal about who or what I am worshipping? What are the idols?
 7. Confess and repent of anything that does not honor God. Actively trust in Christ.
 8. Practice the put-off and put-on principle. Change thinking and beliefs (Rom. 12:1-2)



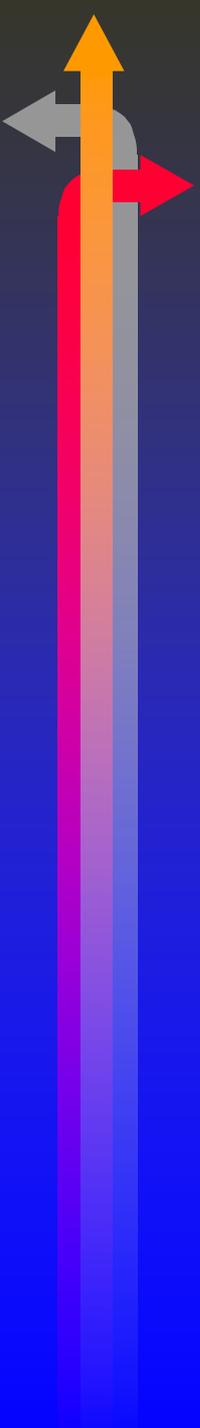
E. Counseling Those Who Are Depressed

9. Habits you want to help them develop:
 - a. Thankfulness (Eph. 5:20)
 - b. Serving and ministering to others
 - c. Taking every thought captive. Thinking on things that are true (2 Cor. 10:5, Phil. 4:8)
 - d. Thinking biblically about God, self, and circumstances
 - e. Pleasing God versus changing feelings or circumstances
 - f. God-confidence and self-discipline (Prov. 14:26, 1 Tim. 4:7)

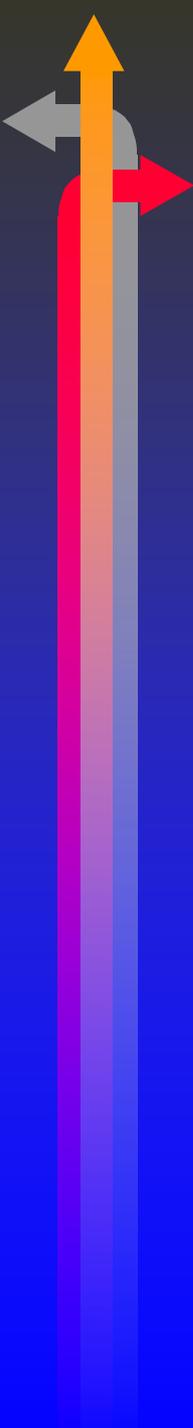


F. Helpful Resources

- Ed Welch, *Depression: The Way Up When You Are Down* (P&R, 2000). – booklet
- Ed Welch, *Depression: A Stubborn Darkness* (New Growth, 2004).
- D. Martin Lloyd-Jones, *Spiritual Depression* (Eerdmans, 1965).
- Jay Adams, *What to Do When You Become Depressed* (P&R, 1975).
- Dan Wickert, *Counseling Those Who Are Depressed* (NANC audio). Available at www.soundword.com

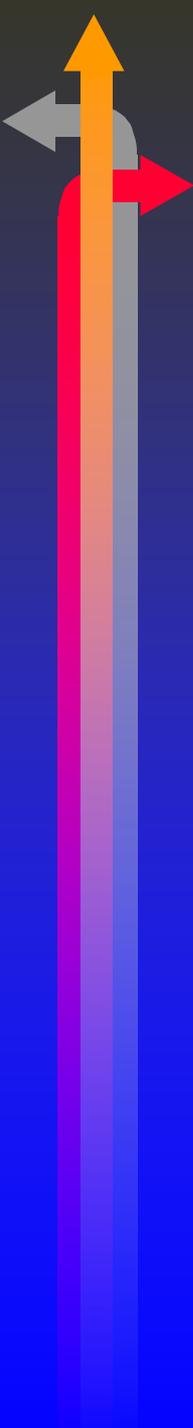


XV. Worry & Fear



A. Defining Worry

1. “Worry is an over-anxious concern regarding the future or things that keeps a person from fulfilling current responsibilities.”¹
2. “Worry is a sin of continual dwelling on and preoccupation with some fear, usually associated with the future.”
3. Worry should not be confused with diligent care and concern (2 Cor. 11:28, Phil. 2:20, Gal. 4:19)
4. Worry is not careful planning for the future which considers God’s sovereignty (James 4:13)

A decorative vertical bar on the left side of the slide. It features a gradient from blue at the bottom to orange at the top. At the top, there are three arrows: a grey arrow pointing left, a red arrow pointing right, and a yellow arrow pointing up.

A. Defining Worry

5. Concern can “change categories” and become worry

A. Defining Worry

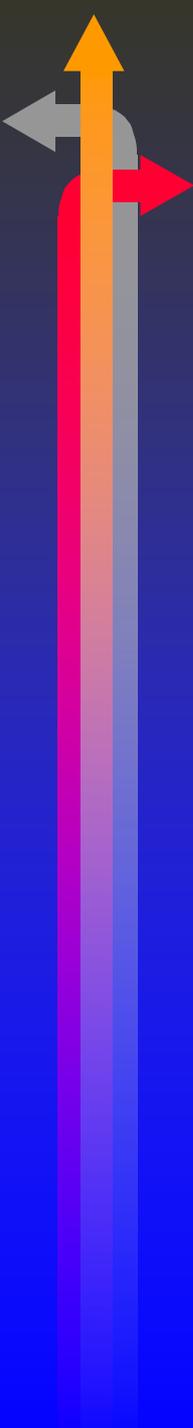
- God not in equation
- God not in focus
- God is not being trusted

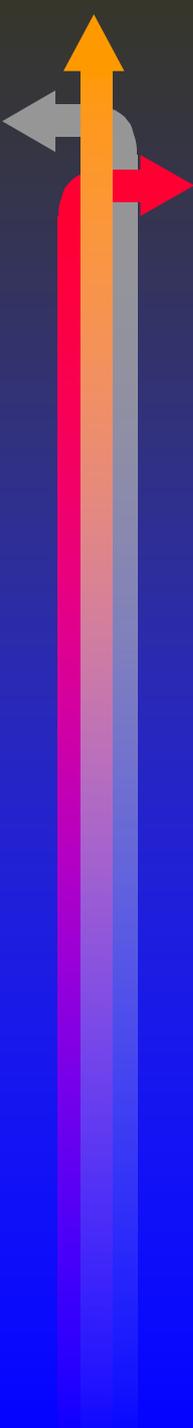
- Thoughts focused on changing the future
- Thoughts are unproductive & unfruitful
- It controls you
- Neglects other responsibilities
- Lose hope or stop functioning

WORRY



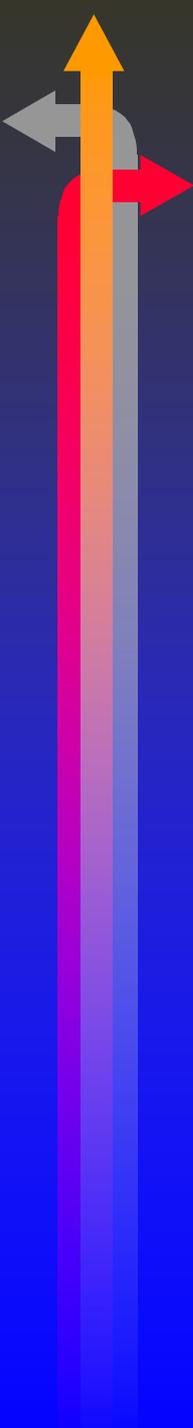
CONCENTRATION





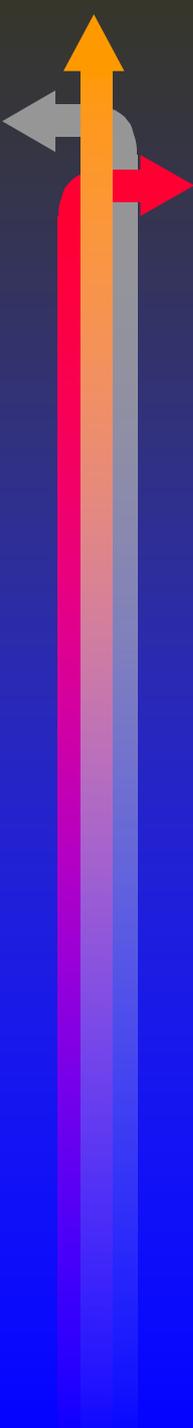
B. Worry is sinful

1. Jesus forbids worry (Matt. 6:19-34)
2. Paul commands believers to not worry (Phil. 4:6)



C. Dealing with Worry

1. Worry amounts to idolatry – God has been replaced
 - a. Idolatry means worshipping someone or something other than God (Rom. 1:25)
 - b. Worry expresses the idolatry of the heart (Matt. 6:19-21)
 - c. The things we worry about reveal our idols
 - d. The solution is repentance, since no one can serve two masters (Matt. 6:24, Ex. 20:3-6)



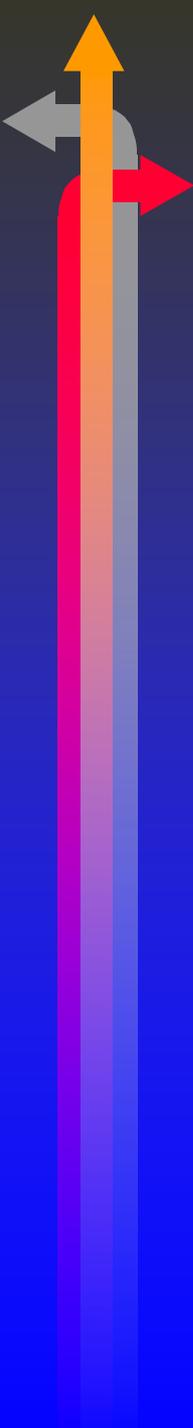
C. Dealing with Worry

2. Worry amounts to unbelief – not trusting God (Matt. 6:25-34)
 - a. Worry is a totally unproductive, useless activity (v. 27)
 - b. Worriers are people of “little faith” (v. 30)
 - c. Worriers don’t see God’s provision, care, knowledge and faithfulness (vv. 25-32)
 - d. Worriers focus too much on the “mights” of the future, such that they become irresponsible in the present (v. 34)
 - e. The solution is to trust God, and seek His kingdom by honoring Him (v. 33)

C. Dealing with Worry

3. Worry needs to be replaced with righteous activities (Phil. 4:5b-9)
 - a. Replace worry with prayer and thankfulness (v. 6)
 - b. Replace worry with thinking on things that are true (v. 8)
 - c. Replace worry with righteous behavior (v. 9)
 - d. Note the progression:





C. Dealing with Worry

- e. The focus of it all: Know that God is near (v. 5b)
- f. The result: The peace of God will guard you (v. 7)



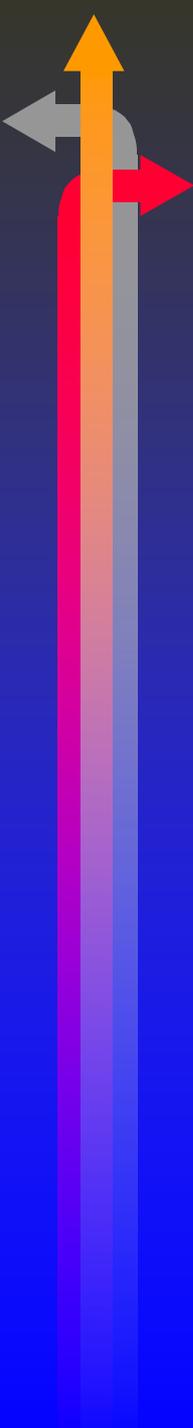
D. Right Fear Vs. Sinful Fear

1. Fears that are right:
 - a. The fear of God (Ecc. 12:13, Prov. 1:7, 9:10)
 - b. Fear of danger (Job 41:33, Gen. 4:14-15, 1 Cor. 6:19-20, Ps 64:1)
2. Fears that are sinful
 - a. Fear of man instead of God (John 12:42-43, Luke 12:4-5, Gal. 1:10)
 - b. Fear of things temporal rather than eternal (Luke 12:4-5, 1 Cor. 4:5, Gen. 26:7)
 - c. Fear of things we cannot change (Prov. 3:25, Gen. 4:14)



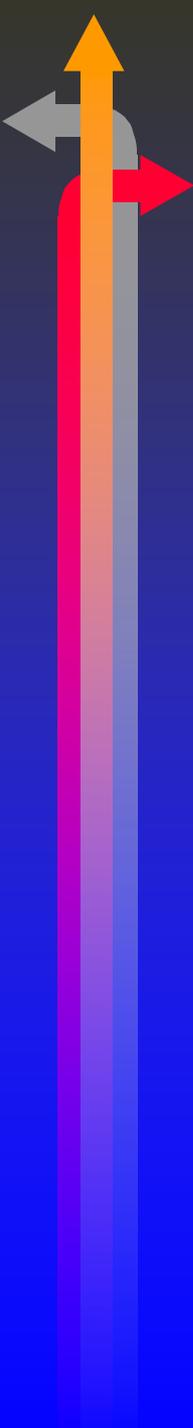
E. Dealing with Sinful Fear

1. Replace sinful fear with the fear of the LORD (Ps. 118:4-6, 27:1, Prov. 3:25-26, 14:26, 19:23 Gal. 1:10)
2. Identify the lust or idol behind the fear (James 1:14-15)
3. Replace sinful fear with love (2 Tim. 1:7, 1 John 4:18)



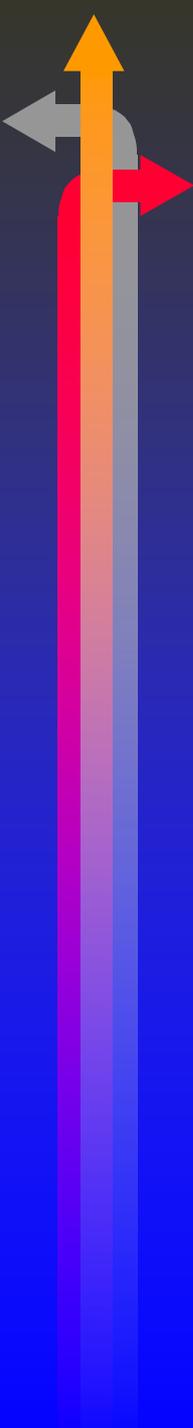
E. Dealing with Sinful Fear

FEAR	LOVE
Focus on self	Focus on God & others
Self-protecting	Self-giving
What will I lose?	What can I give?
Avoids problem	Solves problem
Secludes self	Sacrifices self
Hesitates	Starts
Can be cast out	Can cast out fear
Highly suspicious	Believes all things
I won't try	Acts obediently
Might fail	Reaches out even if fails

A decorative vertical bar on the left side of the slide. It features a gradient from blue at the bottom to orange at the top. At the top, there is a grey arrow pointing left, a red arrow pointing right, and a grey arrow pointing up.

E. Dealing with Sinful Fear

4. Deal with guilt biblically (Prov. 28:1, 1 John 1:9)
5. View fearful situations as opportunities to grow for God's glory and my good (Rom. 8:28-29, 2 Cor. 5:9)
6. Meditate on helpful Scripture verses



F. Resources

- John MacArthur, *Anxiety Attacked*
- David Powlison, *Worry: Pursuing a Better Path to Peace* (P&R)
- Elyse Fitzpatrick, *Overcoming Fear, Worry and Anxiety* (Harvest House)
- Ed Welch, *Running Scared: Fear, Worry, and the God of Rest* (New Growth Press)
- Jay Adams, *What to Do When You Worry all the Time / What to Do When Fear Overcomes You* (P&R)
- Lou Priolo, *Fear: Breaking Its Grip* (P&R)