

# A CHECK LIST MT. 1:18-19; LK. 1:26-34

Cause -----→ effect -----→ solution

In things related to the body:

Cause (s ) -----→ symptoms -----→ treatment

Proverbs 26:2 As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.

Proverbs 30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

## Introductory thoughts concerning depression (discouragement – depression):

- Causes might be multiple
- Causes are often hidden

Jeremiah 17:9 The heart is deceitful above all things, and desperately wicked: who can know it? Jeremiah 17:10 I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

Hebrews 4:12 For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:13 Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

- Causes might overlap/ bleed over into other categories
- There are always causes → & therefore solutions / treatments → hope!!!

Pastor: That's just the way I am!

Would you say that of a water leak? Measles? Mumps? Broken toe?

## I. Is this medical?

1 Thessalonians 5:23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

### Thoughts:

- This is my first place to start
- This is first because we exist in a body - an embodied existence!
- And, anything that affects / impacts the body affects / impacts everything else
- Many primary disease states can cause a secondary disease state such as depression.

### Examples:

- Hypoglycemia: truly low blood sugar
- Diabetes: especially of the brittle variety that swings from high to low
- Chronic fatigue syndrome: can certainly cause or correlate with depression

This is a real disease state that can be tested for with EBV & CMV tests.

- Thyroid problems: both hypo- & hyper-

Hypothyroidism can make you feel like you are in a fog.

- Heart attack: 40 – 60% suffer depression after having one
- Cancer: 25% suffer depression
- Any structural problem with the brain: Alzheimers, dementia, Lou Gehrigs, Huntington's
  
- Multiple sclerosis
- Chronic disease states

**Suggestion: Complete physical exam by a MD / DO**

- Patient history
- Family history
- A thorough physical exam
- Complete lab workup

Never underestimate what can be missed!