

A CHECK LIST

I. Is this **medical**?

II. Is this **circumstantial** / **situational**?

III. Is this **biological** / **chemical**?

IV. Is this **mental**?

V. Is this **cultural**?

Facts about depression and the USA:

- Depression is much higher than in our recent past
- Depression is much higher than in the third world
- This increase **cannot** be explained by genetics
- This change / increase is related to wealth
- This increase certainly is caused (to some degree) by our culture

Matthew 13:7 And some fell among thorns; and the thorns sprung up, and choked them:

Matthew 13:22 He also that received seed among the thorns is he that heareth the word; **and the care of this world, and the deceitfulness of riches**, choke the word, and he becometh unfruitful.

1 John 2:15 Love **not** the world, **neither** the things that are in the world. **If** any man love the world, the love of the Father is not in him. **1 John 2:16** For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is **not** of the Father, **but** is of the world. **1 John 2:17** **And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever.**

1 Corinthians 7:25 Now concerning virgins I have no commandment of the Lord: yet I give my judgment, as one that hath obtained mercy of the Lord to be faithful. **1 Corinthians 7:26** I suppose therefore that this is good **for the present distress**, I say, that it is good for a man so to be. **1 Corinthians 7:27** Art thou bound unto a wife? seek not to be loosed. Art thou loosed from a wife? seek not a wife. **1 Corinthians 7:28** But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless such shall have trouble in the flesh: but I spare you. **1 Corinthians 7:29** But this I say, brethren, **the time is short**: it remaineth, that both they that have wives be **as though they had none**; **1 Corinthians 7:30** And they that weep, **as though they wept not**; and they that rejoice, **as though they rejoiced not**; and they that buy, **as though they possessed not**; **1 Corinthians 7:31** **And they that use this world, as not abusing it: for the fashion of this world passeth away.** **1 Corinthians 7:32** **But I would have you without carefulness....**

What is culture?

- **Unwritten script:** for how we live our lives
- **Unnoticed glasses:** for how we see life
- **Unspoken wish-list:** for what we expect in life

Obviously, to avoid depression we must minimize / mitigate cultural influences!

I. A culture **filled with choices**.

Examples:

Restaurant

Jewel / grocery store

Clothing

Items at any Walmart

Thoughts:

1. **Limit your choices**

Most choices (for Christians) aren't choices since evil, wrong, sin... is eliminated up front!

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

2. Prioritize / weigh your choices

Spend time on things which matter most **not** which matter least

Examples: color, model of car

John 4:4 And he **must** needs go through Samaria.

John 4:31 In the mean while his disciples prayed him, saying, Master, eat. **John 4:32** But he said unto them, **I have meat to eat that ye know not of.** **John 4:33** Therefore said the disciples one to another, Hath any man brought him ought to eat? **John 4:34** Jesus saith unto them, **My meat is to do the will of him that sent me, and to finish his work.**

John 9:4 **I must work the works of him that sent me, while it is day: the night cometh, when no man can work.**

Mark 8:34 And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. **Mark 8:35** For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. **Mark 8:36** For what shall it profit a man, if he shall gain the whole world, and lose his own soul? **Mark 8:37** Or what shall a man give in exchange for his soul?

3. Make & don't unmake choices

2 Timothy 4:7 I have fought a good fight, I have finished my course, I have kept the faith:

Philippians 3:12 Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. **Philippians 3:13** Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, **Philippians 3:14** I press toward the mark for the prize of the high calling of God in Christ Jesus.

Nearly all depressed people:

- **Make too many choices**
- **Spend too much time making their choices**
- **Make the wrong kind of choices**
- **Make & unmake & remake & unmake choices!**

II. A culture dominated by comparison &/ founded upon covetousness.

2 Corinthians 10:12 For we dare **not** make ourselves of the number, **or** compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.

Exodus 20:17 **Thou shalt not covet** thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Thoughts:

- **This has **always** been a problem /tendency - obviously!**
- **The neighborhood is just much larger than it used to be**
- **The neighborhood changes faster than it used to change**
- **The net effect tends to extremes – dropping out (& getting further behind) and keeping up**

Ephesians 5:3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

Ephesians 5:4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. **Ephesians 5:5**

