

A CHECK LIST

I. Is this **medical**?

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

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

IV. Is this **mental**?

To even use this kind of language scares many people:

- Either this means I'm crazy
- Or the jokes

None of the above is intended.

The basic idea:

- Depressed people **think differently** than non-depressed people (always negative).
- They also think about **different** things
- And they interpret things (life) **differently**

These differences cause depression and **also** maintain depression.

What do we know from Scripture?

1. Scripture does **not** change reality!

Reality, since the fall, is not very pretty!

2. Scripture forms **what** we think about!

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.** **Philippians 4:9** Those things, which ye have both learned, and received, and heard, and seen in me, **do:** and the God of peace shall be with you.

Joshua 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Psalms 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night. **Psalms 2:1** Why do the heathen rage, and the people imagine a vain thing?

Proverbs 6:20 My son, **keep** thy father's commandment, and **forsake not** the law of thy mother: **Proverbs 6:21** **Bind them** continually upon thine heart, and **tie them** about thy neck. **Proverbs 6:22** When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee.

3. Scripture transforms **how** we think about **what** we think about!

1 Thessalonians 5:18 In every thing **give thanks: for** this is the will of God in Christ Jesus concerning you.

Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication **with thanksgiving** let your requests be made known unto God.

1 Peter 1:13 Wherefore **gird up the loins of your mind, be sober, and hope** to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

1 Peter 4:1 Forasmuch then as Christ hath suffered for us in the flesh, **arm yourselves likewise with the same mind:** for he that hath suffered in the flesh hath ceased from sin;

1 Peter 4:7 But the end of all things is at hand: **be ye therefore sober, and watch** unto prayer.

1 Peter 5:8 **Be sober, be vigilant;** because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. **Romans 12:2** **And be not conformed to this world: but be ye transformed (ἀλλὰ μεταμορφοῦσθαι τῇ ἀνακαινώσει τοῦ νοῦς ὑμῶν) by the renewing of your mind,** that ye may prove what is that good, and acceptable, and perfect, will of God.

Ephesians 4:23 **And be renewed in the spirit of your mind;**

4. Scripture also informs us **how** we interpret what we think about!

Genesis 50:19 And Joseph said unto them, Fear not: for am I in the place of God? **Genesis 50:20** **But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.**

Romans 8:18 For I reckon that the sufferings of this present time are **not** worthy to be compared with the glory which shall be revealed in us.

Romans 8:28 **And we know** that all things work together for good to them that love God, to them who are the called according to his purpose.

2 Corinthians 4:17 For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; **2 Corinthians 4:18** While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

Philippians 1:12 **But I would ye should understand, brethren, that the things which happened unto me** have fallen out rather unto the furtherance of the gospel; **Philippians 1:13** **So that** my bonds in Christ are manifest in all the palace, and in all other places; **Philippians 1:14** **And many of the brethren in the Lord, waxing confident by my bonds, are much more bold to speak the word without fear.** **Philippians 1:19** For I know that **this** shall turn to my salvation through your prayer, and the supply of the Spirit of Jesus Christ,

How **do** we look at life? How **should** we look at life?

You -----→ event = facts!

You -----→ mind / processing →event = highly interpreted facts

Identify

Challenge

Change

Modern cognitive psychologists have codified common depressive forms of thinking of depressed people.

1. Catastrophizing!

Always expecting the worst possible outcome!

2. Filtering!

Exaggerating the negative

Minimizing the positive

How would you respond to a promotion at work?

How would you respond to a new restaurant? Location? Vacation?

3. Overgeneralizing!

Can't see the big picture, trends or patterns - they can only see one event, which is always negative and which means everything is negative!

A local, isolated, one-time event becomes the way things are.

4. Polarizing!

All situations are black / bad / wrong or white / good / right!

There are no shades of gray.

Remember that choices might not be either of the three but....

5. Personalizing!

Everything is about you - even when it isn't!

The child is in trouble:

Pastor doesn't greet you:

CHS: excuse me mam, may I help you?

6. Emotionalizing!

Emotions override all logical evaluation of events!

Joshua 14:12 Now therefore give me this mountain, whereof the LORD spake in that day; for thou heardest in that day how the Anakims were there, and that the cities were great and fenced: **if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.**

1 Samuel 14:6 And Jonathan said to the young man that bare his armour, Come, and let us go over unto the garrison of these uncircumcised: **it may be that the LORD will work for us: for there is no restraint to the LORD to save by many or by few.**

2 Samuel 12:22 And he said, While the child was yet alive, I fasted and wept: **for I said, Who can tell whether GOD will be gracious to me, that the child may live?**

2 Samuel 16:12 **It may be that the LORD will look on mine affliction, and that the LORD will requite me good for his cursing this day.**

2 Kings 19:1 And it came to pass, when king Hezekiah heard it, that he rent his clothes, and covered himself with sackcloth, and went into the house of the LORD. **2 Kings 19:2** And he sent Eliakim, which was over the household, and Shebna the scribe, and the elders of the priests, covered with sackcloth, to Isaiah the prophet the son of Amoz. **2 Kings 19:3** And they said unto him, Thus saith Hezekiah, This day is a day of trouble, and of rebuke, and blasphemy: for the children are come to the birth, and there is not strength to bring forth. **2 Kings 19:4** **It may be the LORD thy God will hear all the words of Rabshakeh, whom the king of Assyria his master hath sent to reproach the living God; and will reprove the words which the LORD thy God hath heard: wherefore lift up thy prayer for the remnant that are left.** **2 Kings 19:5** So the servants of king Hezekiah came to Isaiah. **2 Kings 19:6** And Isaiah said unto them, Thus shall ye say to your master, Thus saith the LORD, Be not afraid of the words which thou hast heard, with which the servants of the king of Assyria have blasphemed me. **2 Kings 19:7** Behold, I will send a blast upon him, and he shall hear a rumour, and shall return to his own land; and I will cause him to fall by the sword in his own land.

Joel 2:13 And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil. **Joel 2:14** **Who knoweth if he will return and repent, and leave a blessing behind him;** even a meat offering and a drink offering unto the LORD your God?

Amos 5:15 Hate the evil, and love the good, and establish judgment in the gate: **it may be that the LORD God of hosts will be gracious unto the remnant of Joseph.**

Jonah 3:9 **Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not?**

Zephaniah 2:3 Seek ye the LORD, all ye meek of the earth, which have wrought his judgment; seek righteousness, seek meekness: **it may be ye shall be hid in the day of the LORD'S anger.**