

# A CHECK LIST

I. Is this **medical**?

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

V. Is this **cultural**?

VII. IS THIS **STRUCTURAL** / **FUNCTIONAL**?

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

IV. Is this **mental**?

VI. Is this **supernatural**?

## VIII. IS THIS **SPIRITUAL**? PROVERBS 28:13; 1JN. 1:9

So how does sin relate to depression? Is sin a cause of depression?



### I. Sin is the ultimate cause.

**Genesis 3:17** And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; **Genesis 3:18** Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

**Genesis 3:19** In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.

**Romans 5:12** Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

**Revelation 22:3** And there shall be no more curse: but the throne of God and of the Lamb shall be in it; and his servants shall serve him: **Revelation 22:4** And they shall see his face; and his name shall be in their foreheads.

**At the most fundamental level, all death, disease, depression, discouragement, disasters, etc., stem from being fallen creatures living in a fallen world.**

### II. Sin is the cause.

**Psalm 32:1** Blessed is he whose transgression is forgiven, whose sin is covered. **Psalm 32:2** Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.

**Psalm 32:3** When I kept silence, my bones waxed old through my roaring all the day long. **Psalm 32:4** For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. **Selah.**

**Psalm 32:5** I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. **Selah.**

**Psalm 51:1** Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. **Psalm 51:2** Wash me thoroughly from mine iniquity, and cleanse me from my sin.

**Psalm 51:3** For I acknowledge my transgressions: and my sin is ever before me. **Psalm 51:4** Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. **Psalm 51:5** Behold, I was shapen in iniquity; and in sin did my mother conceive me. **Psalm 51:6** Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.

**Psalm 51:8** Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

**Psalm 51:9** Hide thy face from my sins, and blot out all mine iniquities. **Psalm 51:10** Create in me a clean heart, O God; and renew a right spirit within me. **Psalm 51:11** Cast me not away from thy presence; and take not thy holy spirit from me.

**Psalm 51:12** Restore unto me the joy of thy salvation; and uphold me with thy free spirit. **Psalm 51:13** Then will I teach transgressors thy ways; and sinners shall be converted unto thee. **Psalm 51:14** Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness.

**From these texts alone we can discern that:**

- Sin impacts us

- Sin impacts **more than** the “spiritual parts”
- Sin impacts the whole man
- Sin impacts **how** we feel
- Sin impacts our relationship with God
- Sin impacts our physical health
- Sin certainly impacts our outlook / depression
- However, this sin (s) is well-known
- This sin (s) is not hidden

**Danger zone:**

I'm depressed!

It **must** be sin!

I don't know of any sin.

It **must** be hidden sin!

A deep, dark, hidden sin!

I need to find it & confess it!

**Proverbs 28:13** He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

- But what **if I can't** find it?

**The double bind / eternal loop:**

**Romans 3:24** Being justified freely **by** his grace **through** the redemption that is in Christ Jesus:

**Romans 5:1** Therefore being justified by faith, **we have** peace with God **through** our Lord Jesus Christ: **Romans 5:2** **By whom also** we have **access** by faith into this grace wherein **we stand**, and rejoice in hope of the glory of God.

**1 Corinthians 6:9** Know ye not that the unrighteous shall **not** inherit the kingdom of God? Be **not** deceived: **neither** fornicators, **nor** idolaters, **nor** adulterers, **nor** effeminate (μαλακοί), **nor** abusers of themselves with mankind (άρσενοκοῖται), **1 Corinthians 6:10** **Nor** thieves, **nor** covetous, **nor** drunkards, **nor** revilers, **nor** extortioners, shall inherit the kingdom of God. **1 Corinthians 6:11** **And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.**

**Ephesians 1:7** In whom **we have** redemption **through** his blood, the forgiveness of sins, according to the riches of his grace;

**Colossians 1:12** Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

**Colossians 1:13** Who **hath delivered** us from the power of darkness, and **hath translated** us into the kingdom of his dear Son:

**Colossians 1:14** In whom **we have redemption through** his blood, even the forgiveness of sins:

**Hebrews 7:23** And they truly were many priests, because they were not suffered to continue by reason of death: **Hebrews 7:24** But this man, because he continueth ever, hath an unchangeable priesthood. **Hebrews 7:25** Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them. **Hebrews 7:26** For such a high priest became us, who is holy, harmless, undefiled, separate from sinners, and made higher than the heavens; **Hebrews 7:27** Who needeth **not** daily, as those high priests, to offer up sacrifice, first for his own sins, and then for the people's: **for this he did once, when he offered up himself.**

**Hebrews 10:10** By the which will we are sanctified through the offering of the body of Jesus Christ once for all. **Hebrews 10:11** And every priest standeth daily ministering and offering oftentimes the **same** sacrifices, which can **never** take away sins: **Hebrews 10:12** But this man, **after he had offered one sacrifice for sins for ever, sat down on the right hand of God; Hebrews 10:13** From henceforth expecting till his enemies be made his footstool. **Hebrews 10:14** For by one offering he hath perfected for ever them that are sanctified.

### III. Sin may also be a contributing cause.

Proverbs 14:34 Righteousness exalteth a nation: but sin is a reproach to any people.

2 Chronicles 36:14 Moreover all the chief of the priests, and the people, transgressed very much after all the abominations of the heathen; and polluted the house of the LORD which he had hallowed in Jerusalem. 2 Chronicles 36:15 And the LORD God of their fathers sent to them by his messengers, rising up betimes, and sending; because he had compassion on his people, and on his dwelling place: 2 Chronicles 36:16 But they **mocked the messengers of God, and despised his words, and misused his prophets, until the wrath of the LORD arose against his people, till there was no remedy.** 2 Chronicles 36:17 **Therefore he brought upon them the king of the Chaldees, who slew their young men with the sword in the house of their sanctuary, and had no compassion upon young man or maiden, old man, or him that stooped for age: he gave them all into his hand.**

**Sin takes on more than one form:**

- **Personal**
- **Family**
- **Social**
- **National**

1 Timothy 5:22 Lay hands suddenly on no man, **neither be partaker of other men's sins:** keep thyself pure.

Revelation 18:4 And I heard another voice from heaven, saying, **Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.**

### IV. Sin may sadly be the sustaining cause.

Psalms 81:10 I am the LORD thy God, which brought thee out of the land of Egypt: open thy mouth wide, and I will fill it. Psalms 81:11 But my people would **not** hearken to my voice; **and Israel would none of me.** Psalms 81:12 So I gave them up unto their own hearts' lust: and they walked in their own counsels. Psalms 81:13 Oh that my people had hearkened unto me, and Israel had walked in my ways! Psalms 81:14 I should soon have subdued their enemies, and turned my hand against their adversaries.

**So how does sin maintain / sustain depression?**

- **Physical cause:**

- **Mental cause:**

Psalms 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

Isaiah 30:7 For the Egyptians shall help in vain, and to no purpose: therefore have I cried concerning this, **Their strength is to sit still.**

Isaiah 30:15 For thus saith the Lord GOD, the Holy One of Israel; **In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.**

- **Structural**

Exodus 20:8 Remember the sabbath day, to keep it holy. Exodus 20:9 Six days shalt thou labour, and do all thy work: Exodus 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: Exodus 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Jeremiah 6:16 Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. **But they said, We will not walk therein.**

Matthew 23:37 O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, **and ye would not!**

**Digging in, foot dragging, no, pouchy lip....**