

**Depression Series**  
**Pastor Richard Jordan, Shorewood Bible Church**  
**Tape 1 Notes**

1. Passage: II Corinthians 2:13 & II Corinthians 7:5

2. Depression is a universal malady (problem)

Romans 12:12 *“Rejoicing in hope; **patient in tribulation (bad things are going to happen)**; continuing instant in prayer;”*

3. Depression starts with **UNREALISTIC THINKING.**

- Thinking truth frees you
- Thinking error puts you in bondage

4. **Self-pity** is a constant in depression

The more you indulge in self-pity the more depressed you become

5. Characteristics of Depression:

- a. Past:                      rehearsing insult, injury and rejection
- b. Future:                    projecting anxiety into the future, fear of the future

6. Solution to Depression:        **a Renewed Mind**

Romans 12:1-2 *“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. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

II Corinthians 2:14 *“Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.”*

7. Emotions follow thinking: they are dumb, they are responders

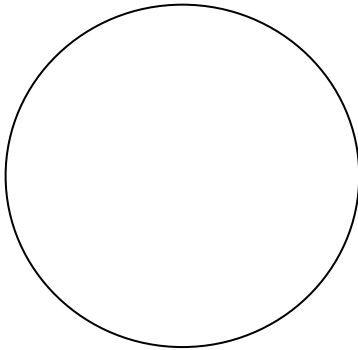
8. Key is to **change your thinking pattern** (emotions may not change).

9. Philippians 4

**Depression Series**  
**Tape 2 Notes**

1. Passage: Job 3 and 7

**SPIRIT**



**Consciousness of God**

*(Romans 8:16 "worship him in Spirit and in truth")*

Mental capacity

Center of "Knowing"

Same as the Mind  
(I Cor. 2:11)

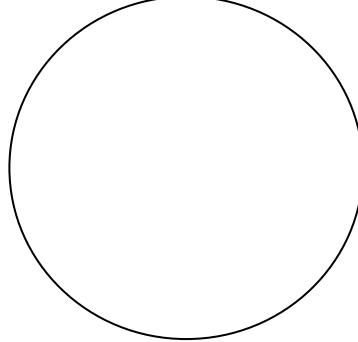
**Natural Man**

Spirit is dead  
*(Eph 2:1, 4:18)*

**Spiritual Man**

Light in soul

**SOUL**



**Consciousness of Self**

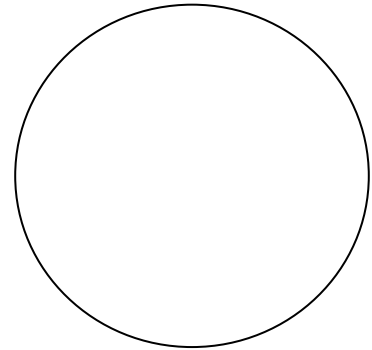
Seat of Person

Where the Heart is  
*(Proverbs 4:23)*

Seat of Emotions  
*(Matt. 20:26)*

Center of your Will

**BODY**



**Consciousness of World**

Brain

5 Senses

Where sin enters

## Depression Series

### **Tape 3 Notes**

Passage: Numbers 11:10-15 (Moses in his depressed state)

- Emotions are predictable and based upon the thinking patterns in the mind
- We feel the way we feel because we think the way we think
- Self-pity is the key element in depression

### Answer to Depression

1. Put **Romans 8:18 – 39** in our thinking process
2. Understand **our identity in Christ**  
Romans 12:3 (self-image)

\*\* What you depend on controls your life

Do a “Neck-Up Check-Up”

I Corinthians 15:22

Romans 5:12

The mechanics of positional truth

Romans 6:3, 4

I Corinthians 12:13

## Depression Series

### Tape 4 Notes

Passage: I Kings 19 Elijah's depression blinded his eyes to the resources he had and maximized the difficulties

Truth sets you free – error binds you

- Listen for the error so you know where correction needs to be applied

Misplaced dependencies – when you feel sufficient in yourself, your own wisdom, your own ability

Self-pity → Despair

Thanksgiving → Peace

### Good News: We have a choice

Galatians 5:16 "...Walk in the spirit, and ye will not fulfill the lusts of the flesh."

Galatians 5: 19-21 fruits of the flesh *versus* Galatians 5:22-23 fruit of the spirit

### Mental Attitude Dynamics (MAD)

II Corinthians 10 : 3 – 5 "Casting down imaginations..."

- Imaginations can get a stronghold
- Reprogram imaginations through the conscious application of sound doctrine – that's the purpose of sound doctrine
- Bring every thought into the captivity of Christ
- It all starts with thanksgiving to God for who He's made us in Christ

Philippians 1:6

II Corinthians 2:12-14

Romans 7:24-25

**Depression Series**  
**Tape 5 Notes**

**How to Defeat Depression on a Daily Basis**

Passage: Jonah 4

**Four Things to Help Defeat Depression:**

1. Face the self-pity for what it is: SIN
  - 2 Corinthians 13:5
  - 2 Corinthians 5:17
  - Romans 6
  
2. Take it to the Cross
  - Focus on your sufficiency in Christ
  - STOP self-pity right away: that's not who I am
  - Romans 6
  
3. Be thankful
  - 1 Thessalonians 5:18
  - 2 Corinthians 13:8
  - Philippians 4:6
  - Prayer is designed to activate the doctrine that's in your inner man
  
4. Be renewed in the spirit of your mind
  - Ephesians 4:22
  - 2 Corinthians 4:16

Have a PLAN OF ACTION: use PROPS

Galatians 5:16

Galatians 5:22

**Whatever you depend on for purpose and meaning in life controls you.**

Take in God's Word and depend on it

Galatians 2:20

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**Tape 6 Notes**

**How to Help a Friend With Depression**

Passage: Jeremiah 15:10-21

Depressed people need your help (Practical Points):

1. Be there: your physical presence is a thorough and complete rebuke to their depressed thinking patterns
2. Don't sympathize with them but rather project hope onto the screen of their thinking
3. Be encouraging but don't argue; be gentle
4. Get them to think about something besides themselves
5. Encourage activity and movement
6. Don't be too cheerful
7. Get them into the Word of God
8. Pray with them with a thankful heart
9. Spend time with them – have patience and endurance, take time to be there
10. Take the opportunity to minister to people like this

**Proper Premises to Help:**

***Be where they need you to be.***

- II Timothy 1:7
- Colossians 2:9,10
- Ephesians 1:3
- II Peter 1:3

Understand and Believe:

1. The absolute and complete sufficiency of God's Word, and
2. The absolute and complete sufficiency of God's grace

II Thessalonians 5:18

Joshua 14:9

Numbers 14:24

**Let God's grace be sufficient in your life so they see  
that it can be sufficient in their life.**