A black and white photograph of a person sitting on a wooden bench in a park. The person is seen from behind, looking out over a body of water. A tall tree trunk is on the left, and a street lamp is on the right. The sky is overcast.

NOVEMBER BIBLE STUDY SERIES: T H E B A T T L E W I T H I N

110823 Bible Study

**Lesson Two:
The Winter of the Soul
(Dealing with Depression)**



“What people never understand is that depression isn't about the outside; it's about the inside.”

Depression is a feeling of sadness, despondency, or loss of interest.





Proverbs 12:25

Anxiety in the heart of man causes depression, but a good word makes it glad.

The Prophet Elijah

I Kings 19:4

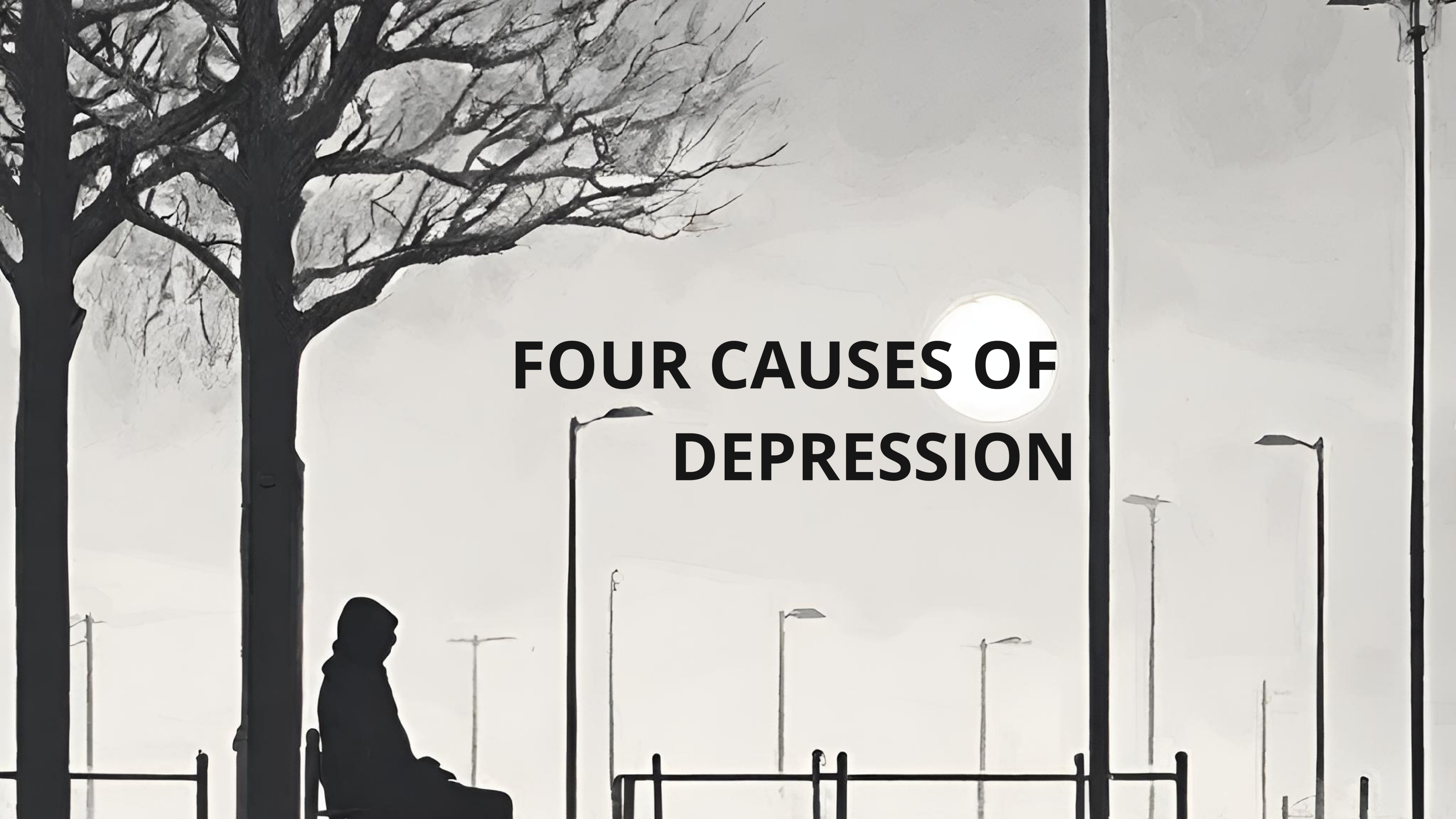
Then he traveled through the wilderness for a day. He sat down under a broom plant and wanted to die. "I've had enough now, LORD," he said. "Take my life! I'm no better than my ancestors."



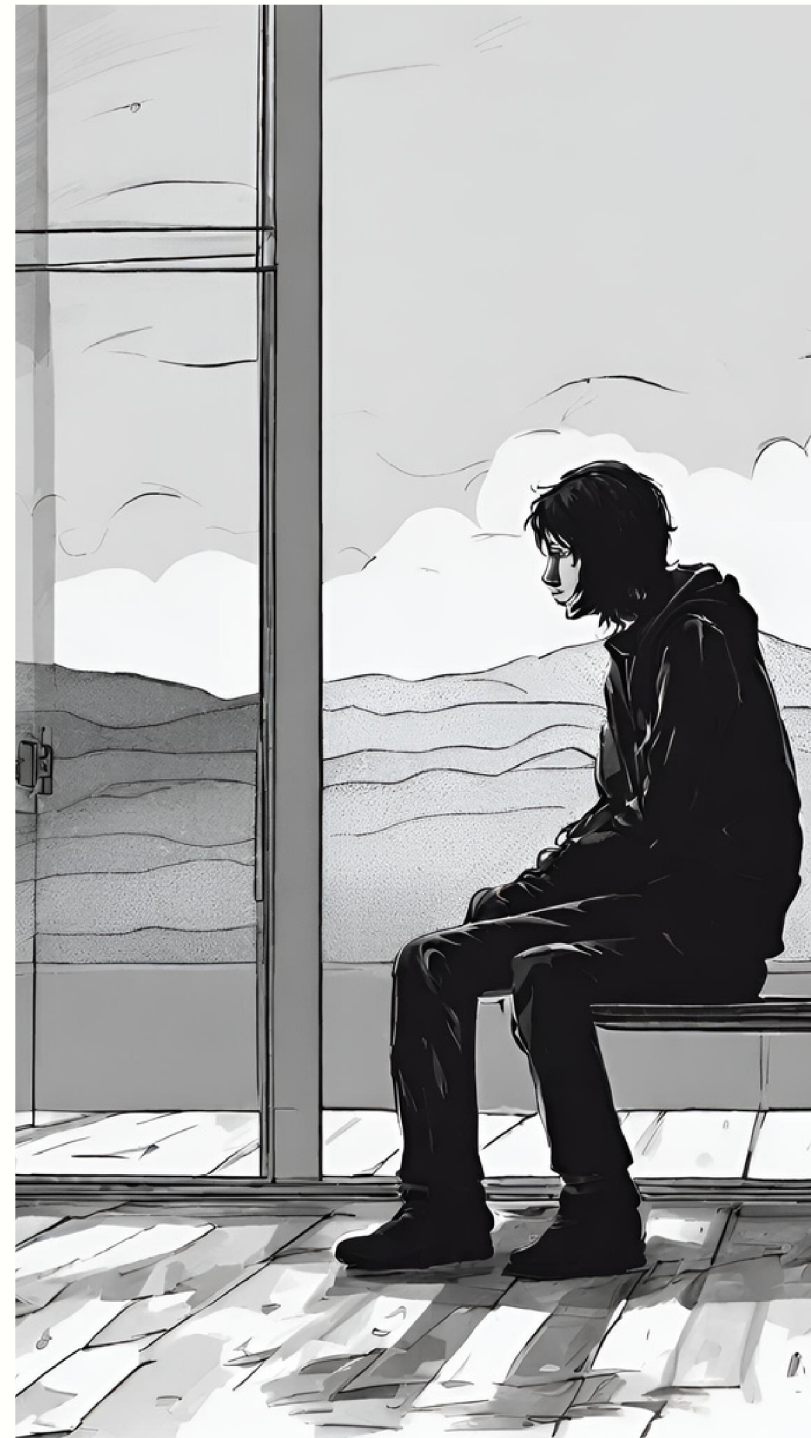


Psalm 13:1-2

How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all day? How long shall my enemy be exalted over me?

A black and white photograph of a person sitting on a bench in a park. The person is in silhouette, facing right. To their left is a large, leafless tree. In the background, a bright sun is visible, creating a lens flare effect. Several tall, thin light poles are scattered across the scene. The overall mood is contemplative and serene.

FOUR CAUSES OF DEPRESSION



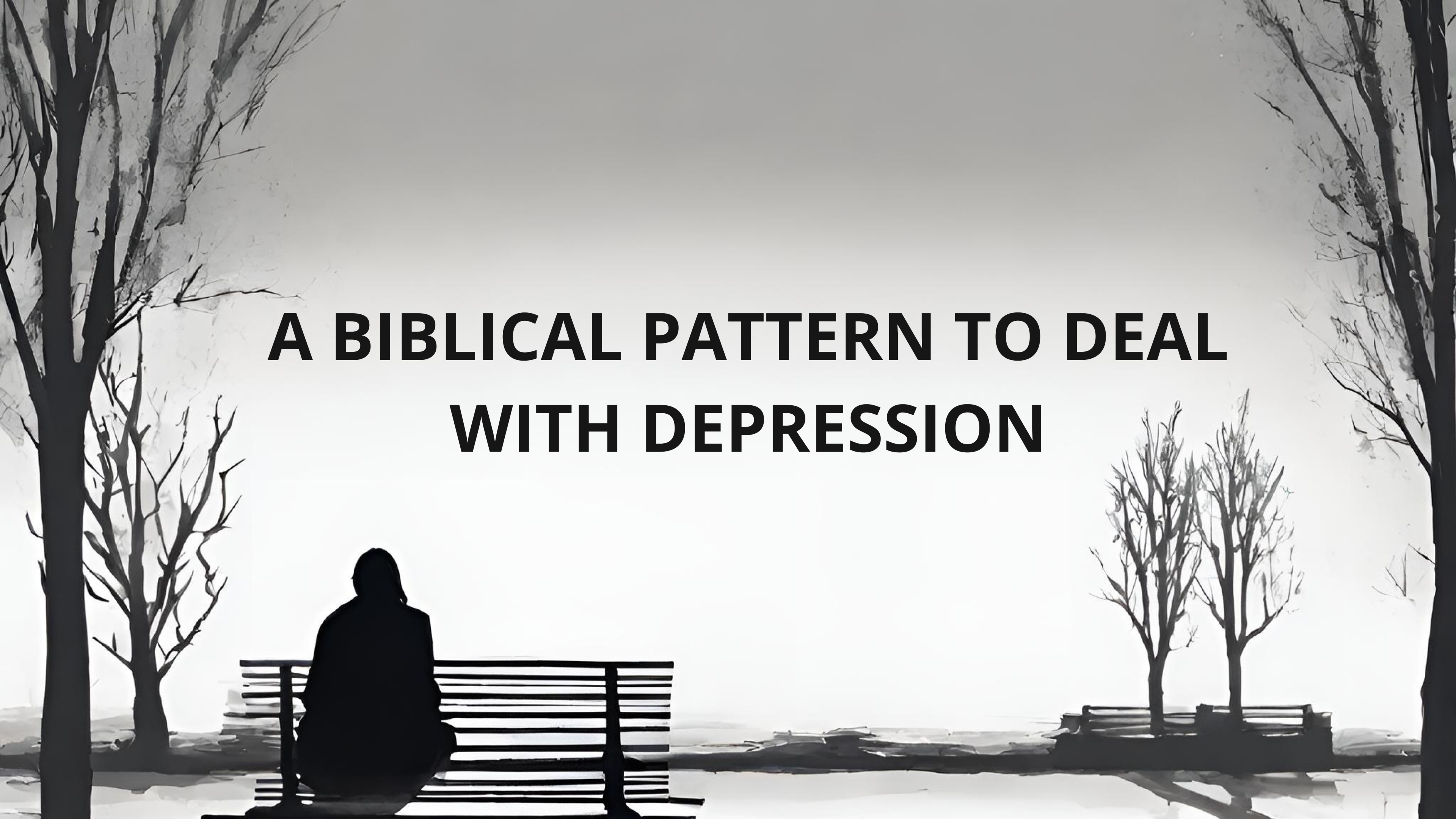
1. Medicine
2. Fatigue
3. Temperament
4. Spiritual Warfare



Psalm 13:3-4

Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

A BIBLICAL PATTERN TO DEAL WITH DEPRESSION



1. Cry Out in Prayer



2. Confess What You Feel to God





Isaiah 49:15-16

"Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you."

3. Appeal to God for His Mercy



4. Receive God's Grace





II Corinthians 12:9

But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness."
Therefore, I will boast even more gladly of my weaknesses, so that the power of Christ may rest upon me.



Psalm 13:5-6

“But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord because he has dealt bountifully with me.”



Romans 12:2

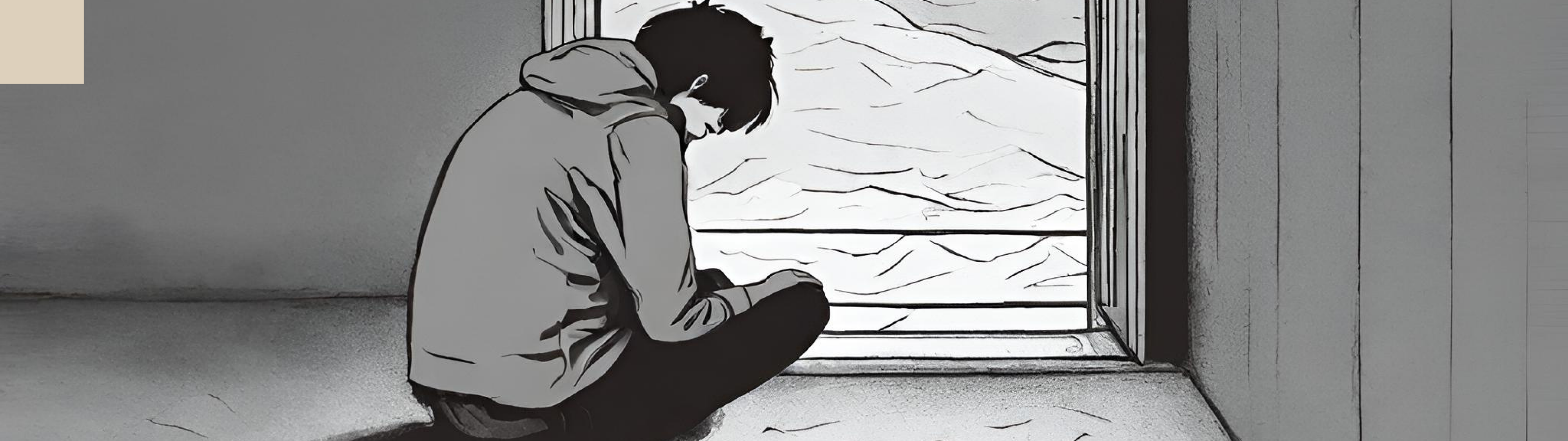
Don't be like the people of this world,
but let God change the way you think.
Then you will know how to do
everything that is good and pleasing
to Him.



Six Practical Ways You Can Help Someone



- 1. Listen**
- 2. Allow Them to Talk without Judgment**
- 3. Realize You Can't Fix It**
- 4. Engage Them**
- 5. Encourage the Person to Take Care of Themselves**
- 6. Pray for Them**



“Tough times never last, but tough people do.”



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. HOW WOULD YOU DEFINE DEPRESSION?
2. WHAT DIAGNOSIS AND PRESCRIPTION DO PROVERBS 12:25 GIVE FOR DEPRESSION?
3. WHAT WAS THE CAUSE OF ELIJAH'S DEPRESSION? WHAT WAS GOD'S RESPONSE?
4. LIST SOME CAUSES OF DEPRESSION.
5. WHAT IS THE BIBLICAL PATTERN FOUND IN PSALM 13 FOR DEALING WITH DEPRESSION?
6. LIST WAYS YOU CAN HELP SOMEONE BATTLING DEPRESSION.
7. "TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO." HOW SO?
8. WHAT WAS YOUR GREATEST TAKEAWAY FROM TODAY'S LESSON?