

# FAITH & LIFE

## Conversations

Dealing with Grief, Sadness and Depression During COVID-19

Presented by:

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FAITH COMMUNITY CHURCH

April 28, 2020

# Agenda

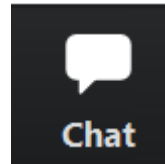
- Opening Instructions – 5 minutes
- Understanding Depression – 20 minutes
- Practical Strategies – 20 minutes
- Question and Answer – 5 minutes
- Prayer – 10 minutes

# Instructions for a Good Experience

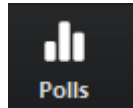
- Please keep your microphone muted



- Asking a question – use chat
  - Type: “I have a question.”

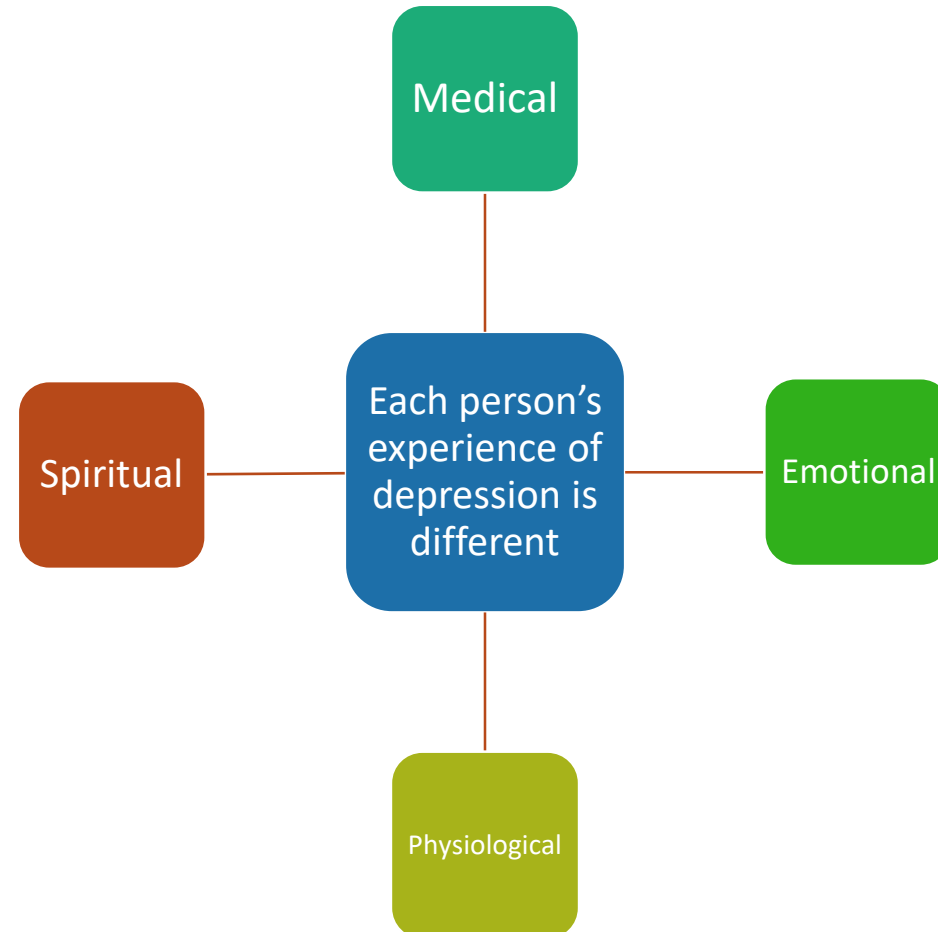


- Closing Poll



- This is being recorded for sharing and slide deck will be accessible after viewing.
- Prayer for our meeting

# Depression is Complex



# Signs of Depression

## Clinical Secular Psychiatry/DSM-5<sup>1</sup>

- Depressed mood: For children and adolescents, this can also be an irritable mood
- Diminished interest or loss of pleasure in almost all activities (anhedonia)
- Significant weight change or appetite disturbance: For children, this can be failure to achieve expected weight gain
- Sleep disturbance (insomnia or hypersomnia)
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness
- Diminished ability to think or concentrate; indecisiveness
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide

## Personal Experience

- Sadness
- Hopelessness
- Anger
- Emptiness
- Aloneness, isolation
- Spiritual battle
- Suffering
- Apathy, numbness
- Fear/anxiety

# Depression in the Bible

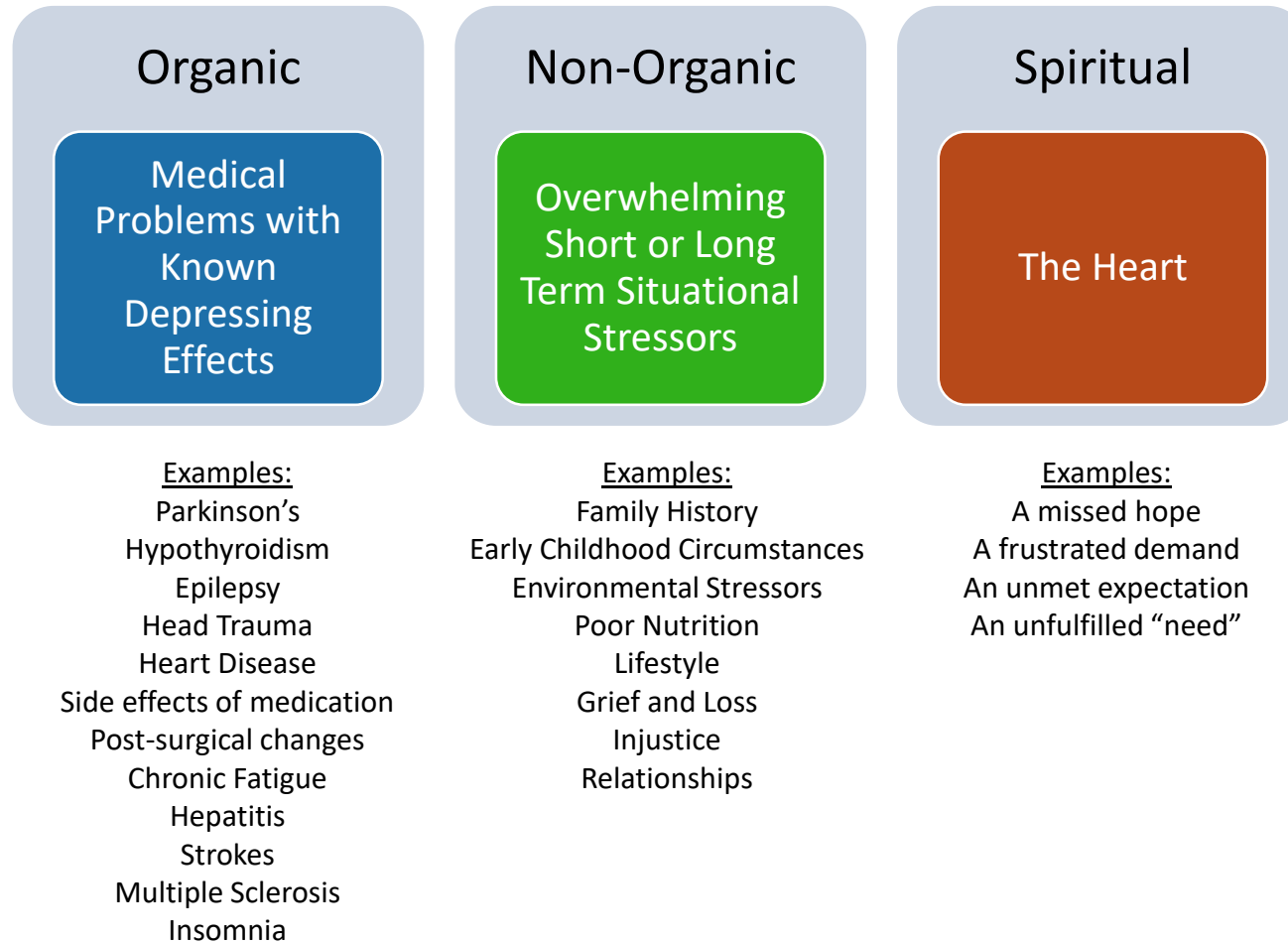
## Examples

- Proverbs 18:14: A man's spirit will endure sickness, but a crushed spirit who can bear?
- Psalm 42: King David "Why are you cast down oh my soul..."
- Kings 19:4: Elijah "I have had enough Lord, he said. Take my life, I am not better than my ancestors."
- Jonah 4:3: Now O Lord, take away my life, for it is better for me to die than to live."
- Job 10:1: "I loathe my very life, therefore I will give free rein to my complaint and speak out in the bitterness of my soul."
- Isaiah 53:3: Prophecy about Jesus "a man of sorrows, and acquainted with grief."

## Summary

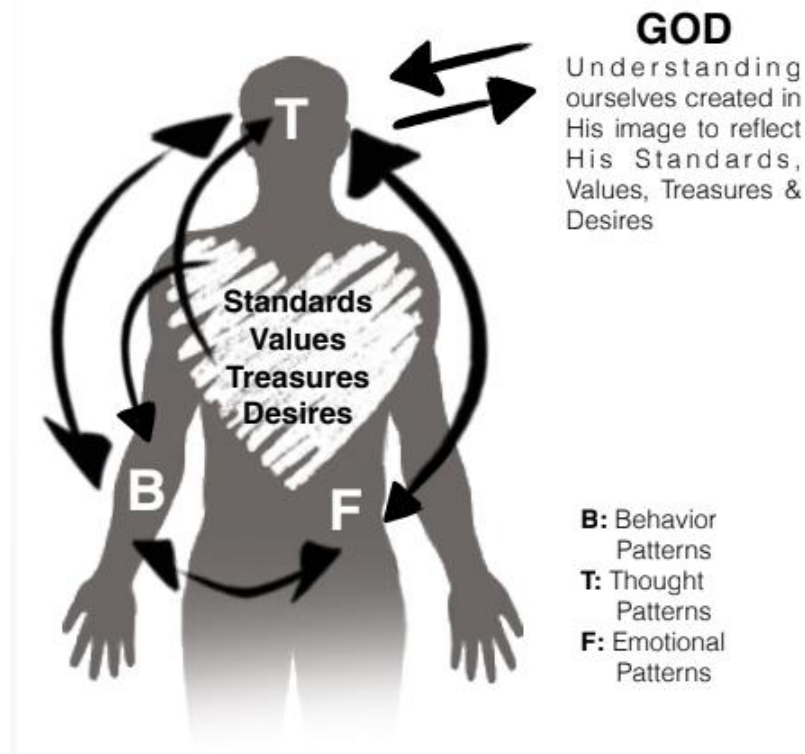
- Believers do experience depression and God's word has answers.
- God's word contains words for our frustrations, fears, worries, and disappointments.
- Since depression is in the Bible this shows us how much God loves us.
- Jesus is a suffering God.
- Jesus Christ, through his word and spirit enable people to preserve and struggle well through depression.

# Contributors to Depression



# The Heart of the Matter

## “BODY-HEART INTERACTION”



### **Matthew 22:37-38**

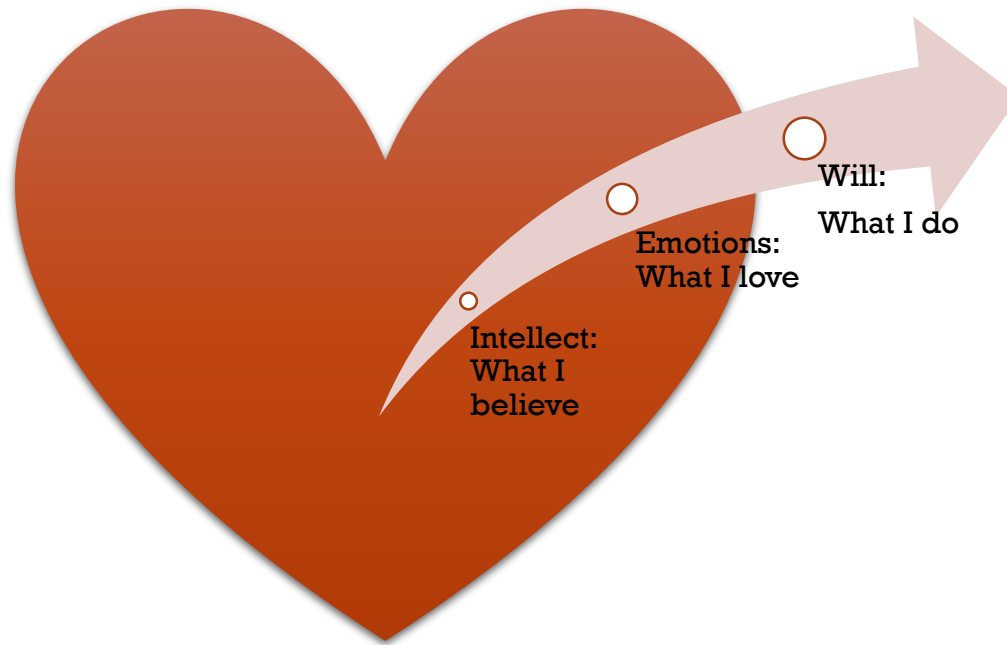
<sup>37</sup> And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment.

### **1 Thessalonians 5:23**

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.



# The Heart of the Matter



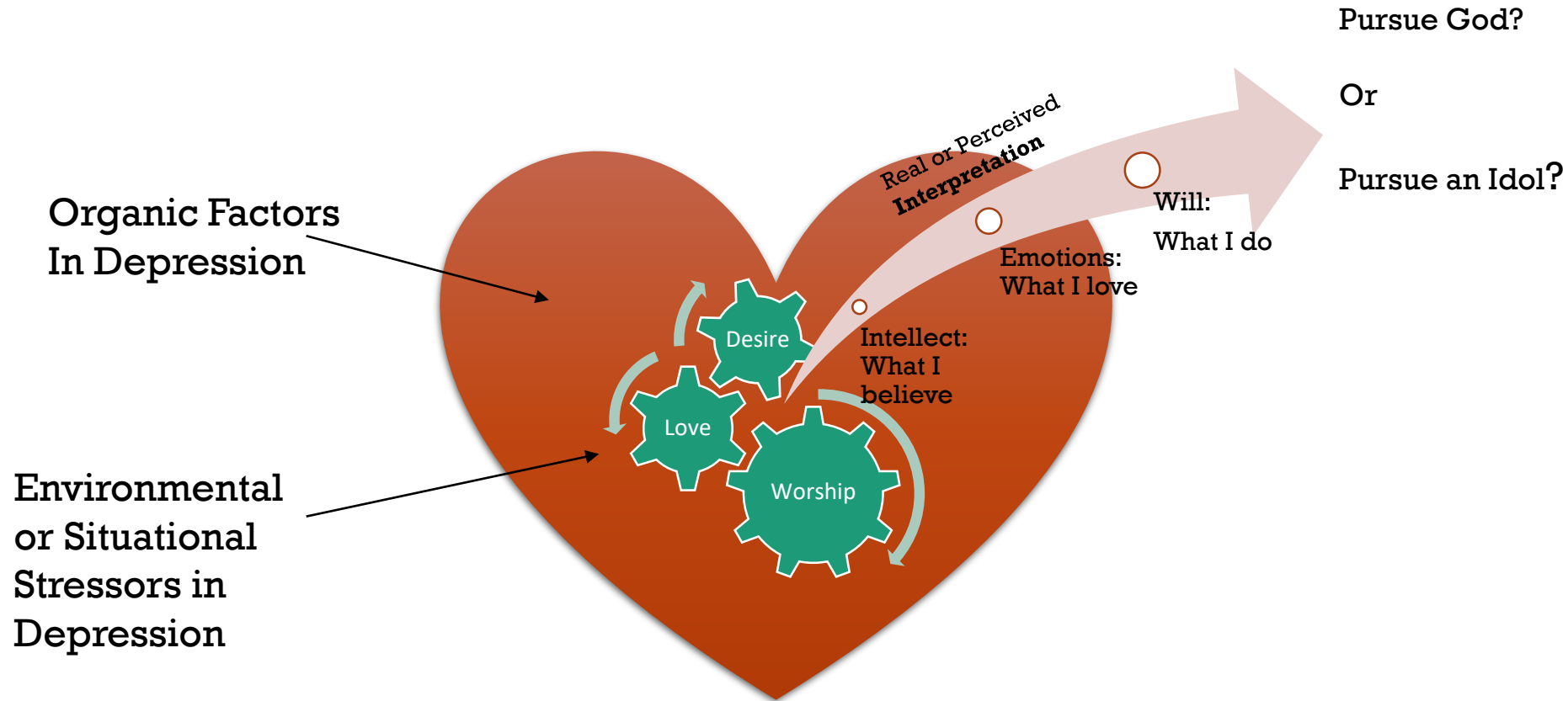
## **Proverbs 4:23:**

Keep your heart with all vigilance, for from it flow the springs of life.

## **Matthew 15:17-19**

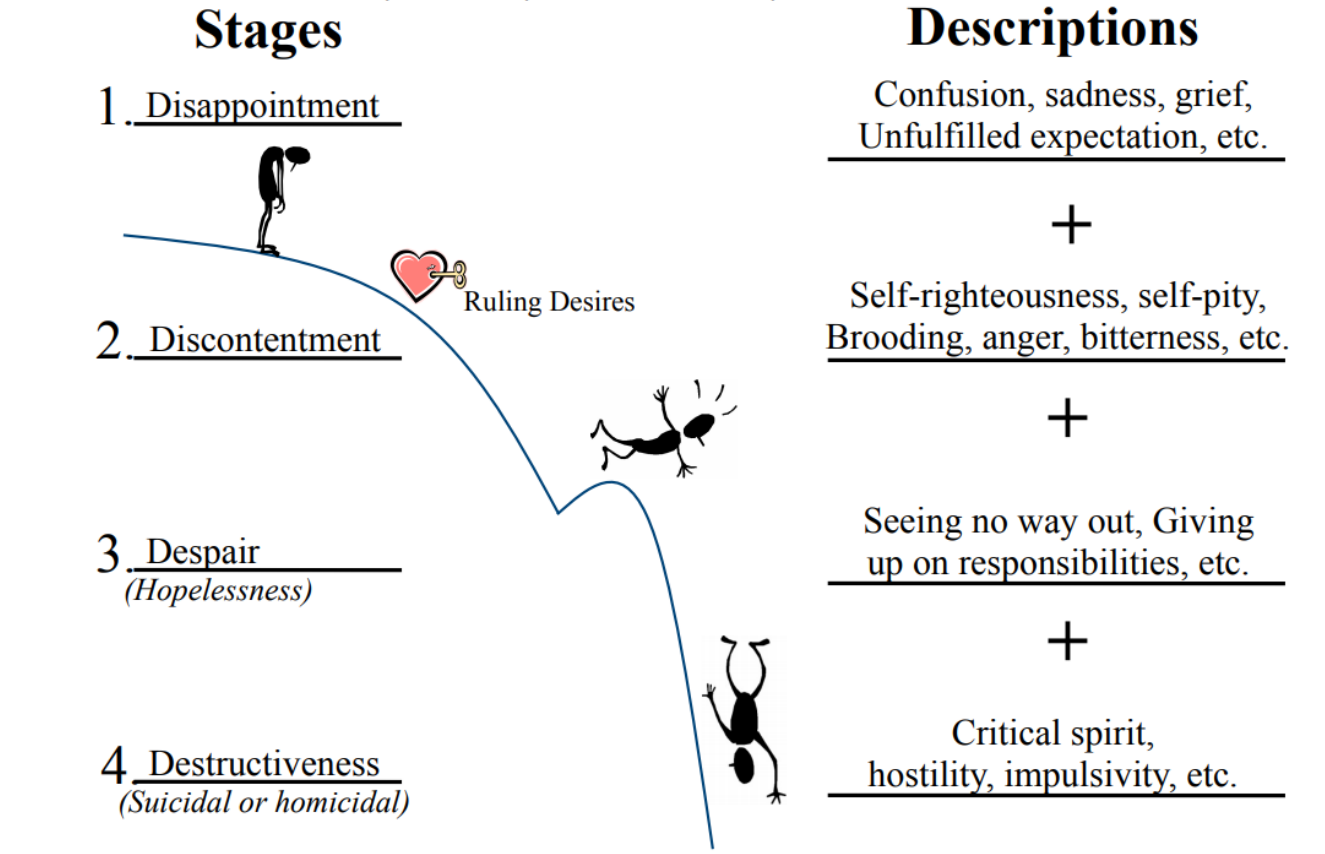
Do you not see that whatever goes into the mouth passes into the stomach and is expelled? <sup>18</sup> But what comes out of the mouth proceeds from the heart, and this defiles a person. <sup>19</sup> For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.

# The Heart of the Matter



# Four Steps Into Depression

The Development of  
Spiritually-rooted Depressions



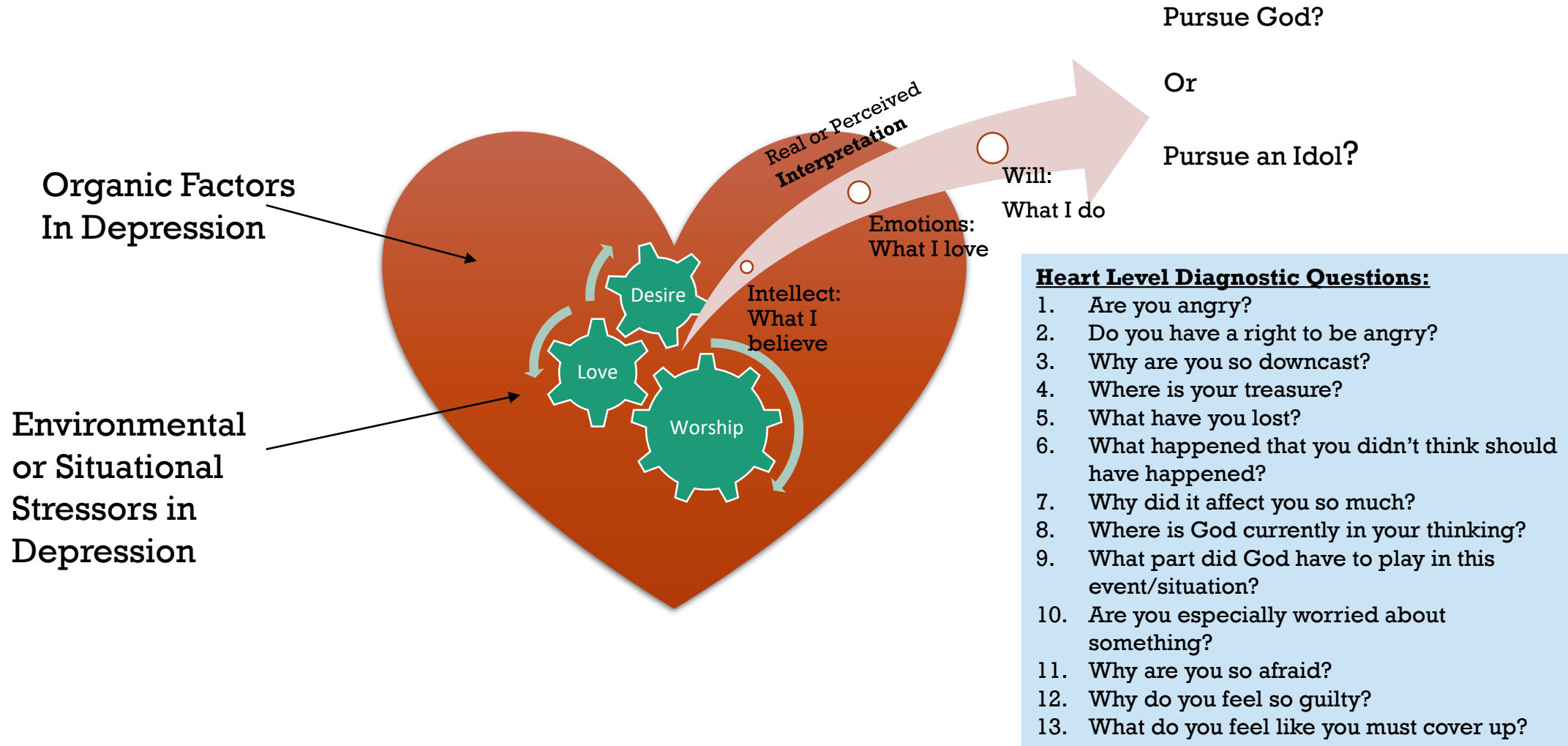
## Depression Begins When:

1. A strong desire – good or bad – becomes a ruling desire.
2. The ruling desire is disappointed.
  - Or you come to believe it will be.

## Depression Continues When:

1. You continue to let the desire rule you.
2. You seek ways to meet your desire apart from God.
3. You cope through thoughts and actions not intended by God for your good.

# The Heart of the Matter



# Fighting When You Don't Feel Like It

## Learning to Live a New Way:

- In depression you don't feel anything
  - Or you feel a lot of negative emotions that are not motivating you to do something about your depression.
- Depression is ultimately a battle between faith and feelings.
  - Depression lives according to feelings
  - Depression can be lived according to faith
    - Prioritize faith over feelings
    - It is ok to think you don't understand what God is doing
    - But God speaks truth in his word and that can't be denied
    - Depression is a fight to believe truth over lies
- Faith starts with God's love for you
  - It will take an eternity to understand
  - But it takes just a speck of faith to get started

### **Hebrews 11:1**

Now faith is the assurance of things hoped for, the conviction of things not seen.

# Utilizing Body and Soul to Fight



## **1 Corinthians 10:13**

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

## **2 Corinthians 4:16-17**

<sup>16</sup>Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. <sup>17</sup>For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, <sup>18</sup>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.

# Perspective

## **Psalm 73:23-28**

<sup>23</sup> Nevertheless, I am continually with you;  
you hold my right hand.

<sup>24</sup> You guide me with your counsel,  
and afterward you will receive me to glory.

<sup>25</sup> Whom have I in heaven but you?  
And there is nothing on earth that I desire besides  
you.

<sup>26</sup> My flesh and my heart may fail,  
but God is the strength of my heart and  
my portion forever.

<sup>27</sup> For behold, those who are far from you shall perish;  
you put an end to everyone who is unfaithful to you.

<sup>28</sup> But for me it is good to be near God;  
I have made the Lord GOD my refuge,  
that I may tell of all your works.

## What is your goal?

- Get rid of the depression?
- Locate the exact cause of the depression?
- To know Jesus Christ – to love, trust, and obey him – amid the suffering?
  - The prognosis of depression is learning to walk with Jesus through the best and worst case scenarios of life.

# Perspective

## **Romans 8:28-29**

<sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose. <sup>29</sup> For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

## What is your goal?

- ~~Get rid of the depression?~~
- ~~Locate the exact cause of the depression?~~
- To know Jesus Christ – to love, trust, and obey him – amid the suffering?
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# Perspective

## James 1:1-4

<sup>2</sup> Count it all joy, my brothers, when you meet trials of various kinds, <sup>3</sup> for you know that the testing of your faith produces steadfastness. <sup>4</sup> And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

## What is your goal?

- ~~Get rid of the depression?~~
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# Perspective

## Revelation 21:1-4

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. <sup>2</sup> And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God.” <sup>4</sup> He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

## What is your goal?

- ~~Get rid of the depression?~~
- ~~Locate the exact cause of the depression?~~
- To know Jesus Christ – to love, trust, and obey him – amid the suffering?
  - The prognosis of depression is learning to walk with Jesus through the best and worst case scenarios of life.

# Care for Your Body

## Assess organic bodily sources:

- See your physician for a full physical examination.
  - Lab Tests for hormone Levels
  - Side effects of current medications
- Evaluate with a friend your current nutrition.
- Evaluate with a friend your sleep quality.
- Evaluate with a friend your alcohol or drug use.

## Build sustainable daily health habits:

- Sleep, exercise, nutrition, rest. supplements, etc.

# Care for Your Body

## What about Antidepressant Medications?

- Great care is needed – sensitive, controversial and complex issue
- Many assumptions about depression and medication flying around
- High uncertainty and theorizing
- There is no clear prohibition against the use of antidepressants - it is a matter of wisdom
- Diligent research and detailed consultation with a proficient doctor and a biblical oriented pastor is highly recommended

# Talk to Yourself

## **Jeremiah 15:16**

Your words were found, and I ate them,  
and your words became to me a joy  
and the delight of my heart,  
for I am called by your name,  
O LORD, God of hosts.

## **Isaiah 55:1-3**

“Come, everyone who thirsts,  
come to the waters;  
and he who has no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.  
<sup>2</sup> Why do you spend your money for that which is not  
bread,  
and your labor for that which does not satisfy?  
Listen diligently to me, and eat what is good,  
and delight yourselves in rich food.  
<sup>3</sup> Incline your ear, and come to me;  
hear, that your soul may live;  
and I will make with you an everlasting covenant,  
my steadfast, sure love for David.

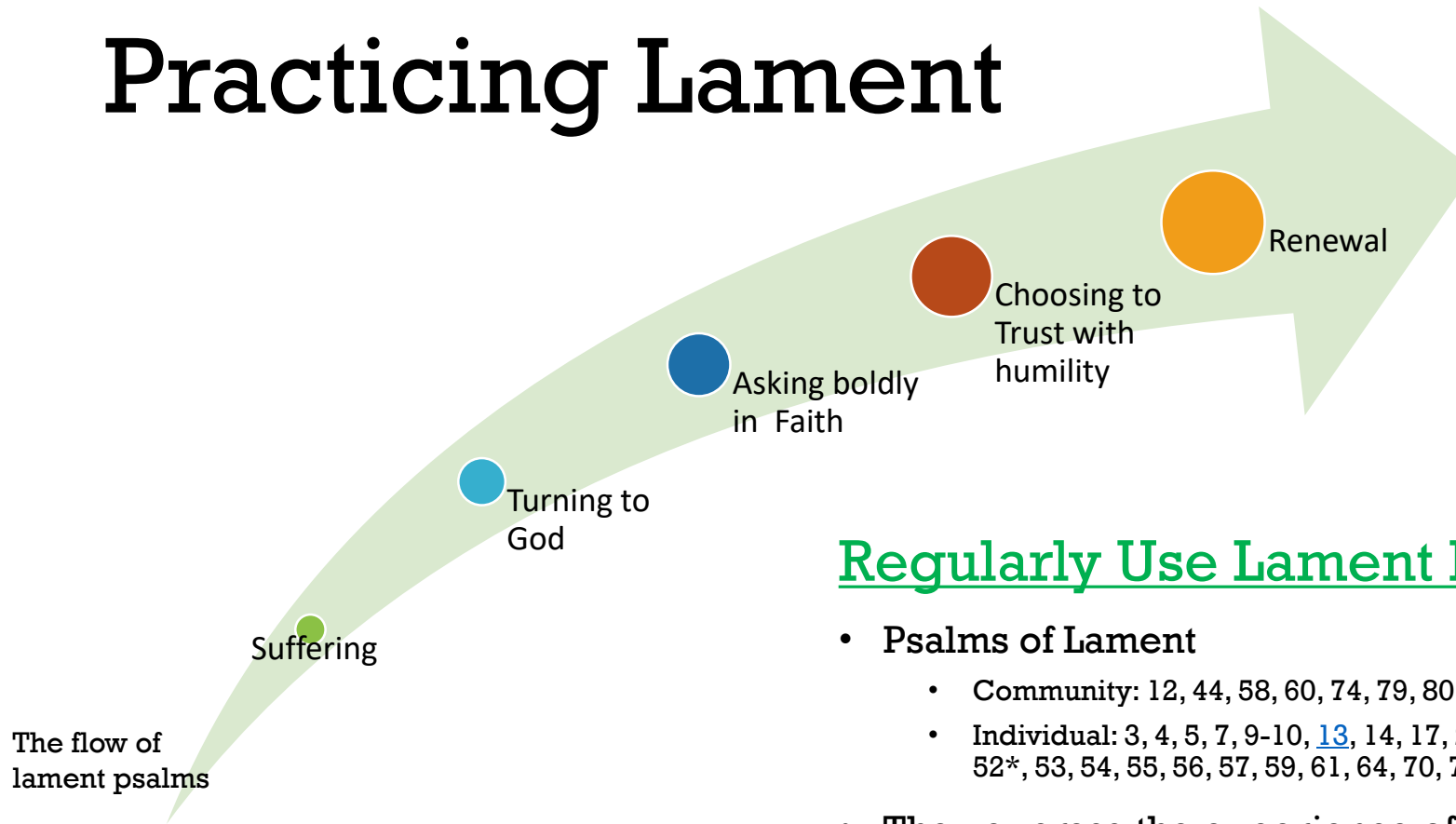
## **2 Corinthians 10:5**

We demolish arguments and every pretension that sets  
itself up against the knowledge of God, and we take  
captive every thought to make it obedient to Christ.

## God transforms through His Word

- Devour God's Word
- God promises to pour Himself into the life that seeks Him instead of seeking after the things of the earth.
- Talk to yourself scripture instead the voices of hopelessness
- Take your thoughts captive by God's Word (2 Corinthians 10:5)

# Practicing Lament



## Regularly Use Lament Psalms

- Psalms of Lament
  - Community: 12, 44, 58, 60, 74, 79, 80, 83, 85, 89\*, 90, 94, 123, 126, 129
  - Individual: 3, 4, 5, 7, 9-10, [13](#), 14, 17, 22, 25, 26, 27\*, 28, 31, 36\*, 39, 40:12-17, 41, [42-43](#), 52\*, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, [88](#), 89\*, 120, 139, 141, 142
- They express the experience of depression.
- They form and instruct faith-based explanations of the experience of depression.
- They teach us how to talk to God in real ways without dishonoring him.

# Learning to Lament

Lamenting Worksheet<sup>1</sup> (source: Dark Clouds Deep Mercy by Mark Vroegop, 2019)

	<b>Lament Psalm</b> Write out specific verses	<b>My Lament</b>
<b>Turn to God</b> Address God as you come to him in prayer. This is sometimes combined with complaint.		
<b>Bring Your Complaint</b> Address God as you come to him in prayer. This is sometimes combined with complaint.		
<b>Ask Boldly</b> Specifically call upon God to act in a manner that first his character and resolves your complaint.		
<b>Choose to Trust</b> Affirm God's worthiness to be trusted and commit to praising him.		

# Learning to Lament

## Lamenting Worksheet - Example

	Psalm 13	My Lament
<b>Turn to God</b> Address God as you come to him in prayer. This is sometimes combined with complaint.	1 How long, O LORD? Will you forget me forever? How long will you hide your face from me?	I am in pain and feel so lonely. I feel horrible but I feel numb like a zombie. I am so familiar with this feeling of being discarded. People have discarded me my entire life.
<b>Bring Your Complaint</b> Identify blunt language that specific pain or injustice. Why or how is it part of the complaint.	2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? light up my eyes, lest I sleep the sleep of death, 4 lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.	I feel numb and not knowing what you think or why you won't care for me is making it worse. I feel like everything in life is an enemy to me. Nothing makes sense and I think I would rather die. It really feels like my circumstances are overwhelming me. I just don't feel like doing anything. I think I actually angry with you but I don't want to be.
<b>Ask Boldly</b> Specifically call upon God to act in a manner that first his character and resolves your complaint.	3 Consider and answer me, O LORD my God;	Lord I need to hear from you. I need to know how I am suppose to keep on living. I do believe you are the Lord over my life. Please answer me! Give me hope!
<b>Choose to Trust</b> Affirm God's worthiness to be trusted and commit to praising him.	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.	When I look over my life God I do see how you have been faithful. I do see areas where you have blessed me. I do thank you for preserving my life on multiple occasions. You have given me my wife and four children. I praise you for working in their lives and I trust you to guide me.



# Connecting God's Truth to Everyday Life

## When the Truth Doesn't Seem to Work

- **Problem: Low to no fuel for faith.**
  - Not *going* to the only source of truth – God's Word – everyday.
  - Not *connecting* it to everyday personal life
- **Solution: Attach memorable, meaningful application to scripture**
  - Rehearse everyday or at least during depressive times.

### Romans 8:38–39

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Meaning: God is always, relentlessly loving me

Memorable, meaningful application for me: the Lord is loving me personally in all my circumstances, good and bad, despite how I feel.

# Help Others

## **2 Corinthians 1:3-7**

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, <sup>4</sup> who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. <sup>5</sup> For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. <sup>6</sup> If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. <sup>7</sup> Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

## Direct your focus to other people

- There is purpose in your pain.
- When God's promises take priority in your life, and you are reminded he is present to comfort you, he positions you to comfort others with the very comfort you received.
- God has got you – and he will use you to be there for someone else.

# Connect with God's Community

Hebrews 10:24-25

And let us consider how we may spur one another on toward love and good deeds,

**25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

**Ephesians 4: 14-16**

<sup>14</sup>Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup>Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. <sup>16</sup>From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Despite how you feel – connection is key

- Missional Communities at FCC
  - Locator here: <https://www.fcchudson.com/missional>
- Weekly Worship Services

# More Support through Counseling

### Biblical Counseling

Free help and hope from the Bible. We believe God's Word, the Bible, is sufficient to resolve life's most challenging situations and questions. There is hope and we'd love to help you find it.

Life can be very difficult at times. At Faith Community Church we would count it a privilege to help you during these times. Our confidence is not in ourselves, but in God and His all sufficient Word. So if you are struggling in your marriage, having bouts of depression, anxiety, or fear, have experienced abuse, are struggling with parenting, addiction, or other issues – let us share with you the sure hope and answers found in God's Word. Our trained counselors will treat you with respect and care as they seek to point you to this wonderful hope.

#### What is biblical counseling?

Biblical counseling is counsel from the Bible, which we believe to be sufficient for everything that pertains to life and godliness (2 Pet. 1:3-4). It is akin to discipleship or sanctification. Whereas preaching is the public ministry of the Word, counseling is the private ministry of the Word. We believe in speaking the truth and in love.

#### Who can receive counseling?

Faith Community Church has been blessed by its church body to be able to offer counsel, free of charge, to anyone who calls. With that said, priority is given to our church members/attenders.

If you are not a Faith Community Church member/attender and want to be put on the member/attender list, this can happen by beginning to attend Faith Community Church. We would love to have you, and our counseling "success" rate is significantly higher with those who are from Faith Community than those who are not.

#### How do I get started?

Please complete the Counseling Request Form.

1. Fill out the Appointment Request form on this page.
2. You'll be sent 3 separate emails with links to electronic forms from Procentive, an electronic health record service.
3. Fill out the secure, confidential forms to secure your spot on the Biblical Counseling waiting list. (Set aside 1 hour of uninterrupted time to complete the Personal Data Inventory.)
4. You'll receive a call when an appointment is available!

First Name	Last Name
Your Email	
Phone number (Optional)	
Birthdate (MM/DD/YY)	Gender

If you intend to come in with a spouse (as a couple instead of an individual), please click the button below and enter the requested information for your spouse.

[I'm coming with my spouse](#)

#### Is FCC your home church?

☐ Yes ☐ No

#### If you were referred by someone, please tell us their name.

First & Last Name
Your Home Address
House Number & Street
City

## Short Term Biblical Counseling

- Free help and hope from the Bible. We believe God's Word, the Bible, is sufficient to resolve life's most challenging situations and questions. There is hope and we'd love to help you find it.
- Trained Counselors at Faith Community Church
- 3-4 weeks covering Grief, Sadness and Depression
- Request Counseling at <https://www.fcchudson.com/care#biblical-counseling>

# Resources

- National 24/7 Suicide Hotline: 1-800-273-8255
  - <https://suicidepreventionlifeline.org/>
- Institute for Biblical Counseling and Discipleship
  - <https://ibcd.org/resources/>
- Book: Depression: Looking Up from the Stubborn Darkness by Dr. Ed Welch
  - <https://www.amazon.com/Depression-Looking-Up-Stubborn-Darkness/dp/1935273876>
- Book: Dark Clouds Deep Mercy: Discovering the Grace of Lament by Mark Vroeop
  - [https://www.amazon.com/Dark-Clouds-Deep-Mercy-Discovering/dp/1433561484/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1588020297&sr=1-1](https://www.amazon.com/Dark-Clouds-Deep-Mercy-Discovering/dp/1433561484/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1588020297&sr=1-1)
- 100 Go-to Bible Texts for Life
  - <https://ibcd.org/wp-content/uploads/2016/04/approximately-100-go-to-texts-for-biblical-counselors.pdf>

- Question and Answer – 5 minutes
- Prayer – 10 minutes
- Poll