Your Greatest Doubts and Fears
How to Keep the Faith When Facing Life's Toughest Questions

#5: How to Deal with Depression and Anxiety About the Future

Intro: The most difficult apologetic opponent.

I. What are Depression and Anxiety?
   1. Our first task is that of definition and distinction.
      1. Related but not Identical
      2. Definition Vs. Description
      3. Descriptive Characteristics
   2. Depression
      1. Sorrow, Sadness, Sense of Hopelessness, Sense of Abandonment and Loneliness, Overall Sense of Loss that characterizes an individual, and usually affects his functionality.
      2. Multiple Causes
   3. Anxiety
      1. Overcoming sense of fear or worry for possibilities in the future.
      2. As opposed to functional fear, which usually responds to an immediate threat, anxiety has no real reason to be there, and thus, is more difficult to deal with.
      3. Causes
         - Sin
         - Lack of Trust
         - Lack of Knowledge

II. Depression and Anxiety's Relationship to Doubt
   1. D & A as a cause of Doubt
   2. Doubt as a Cause of D & A
   3. The Doubt Spiral

III. A Biblical Approach
   1. Depression Remedies
   2. Anxiety Remedies
      1. Love
      2. Joy
      3. Thanksgiving
      4. Prayer
   3. Both
      1. When Sin is Involved

2. Dwelling in God's Promises
3. Dwelling in God's Character
4. Dwelling in the Work of Christ
5. Bringing the Church In
6. Learning to Make God our Most Priced Possession

CAVEAT: Scripture is not magic. For some, this practice will only get you through the next two minutes. Scripture is the food upon which our should feed until we meet with God face to face. It will help you go *through*.

IV. Specific Questions
   1. How long would it take me to get rid of my depression or anxiety?
   2. What does Medicine have to say about Depression/Anxiety?
      1. Foundational Problem
      2. Making A Diagnosis
      3. Explaining Causes/Chemical Imbalance Theory[1]
   3. Treatment and Medication

Further Reading

Brooks, Thomas. *An Ark for All God's Noahs in a Gloomy Stormy Day, or, The Best Wine Reserved till Last, or The Transcendent Excellency of a Believer's Portion above All Earthly Portions Whatsoever, Etc.* Puritan Paperbacks 58. East Peoria, IL: Banner of Truth Trust, 2020.

Eswine, Zack. *Spurgeon's Sorrows: Realistic Hope for Those Who Suffer from Depression*. Scotland, UK: Christian Focus, 2017.

Fitzpatrick, Elyse. *Overcoming Fear, Worry, and Anxiety*. Eugene, OR: Harvest House, 2001.

Hodges, Charles D. *Good Mood, Bad Mood: Help and Hope for Depression and Bipolar Disorder*. Wapwallopen, PA: Shepherd Press, 2012.

Lloyd-Jones, David Martyn. *Spiritual Depression: Its Causes and Cure*. Grand Rapids, MI: Wm. B. Eerdmans Pub. Co., 2013.

Welch, Edward T. *A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust*. Greensboro, NC: New Growth Press, 2019.

Class Schedule:

Feb 27: Missions Week, Combined Sunday School
Mar 6: If Christianity is true, then how we do explain the bad behavior of Christians?
Mar 13: Isn't Christianity just the same as all the other religions? What makes it different?
Mar 20: What if the Gospels are just made-up stories? Is it possible everything we believe is a lie? Mar 27: Lots of Christians are "deconstructing" their faith? Does that mean Christianity isn't true? April 3: What do I do if Christianity Just isn't working for me?
April 10: What if I am Not a Christian? How Can I Know for Sure?

[1] Jeffrey R Lacasse and Jonathan Leo, "Serotonin and Depression: A Disconnect between the Advertisements and the Scientific Literature," *PLoS Medicine* 2, no. 12 (November 8, 2005): e392.