

Baldivis Congregational Meeting, March 26, 2019 – Depression & Mental Health

1. For people who experience depression and would like to get some advice on how to handle their own depression from a Biblical point of view

- a. Similarities in approach physical and emotional (mental) difficulties
 - i. Troubles are part of this vale of tears; they are of various kinds;
 - ii. Our present-day life's complexities causes troubles;
 - iii. Young and old encounter depressing circumstances;
 - iv. Scriptural comfort and self-help by faith in God.
- b. Differences and varieties of "depressions"
 - i. Internal and External causes;
 - ii. 'Good' and 'evil' depressions;
 - iii. The role of family and friends, and office bearers.
- c. Sometimes professional, specialized, help is required
 - i. The help of various caregivers is limited;
 - ii. There is a variety of specialized helpers;
 - iii. "Shared Care" continues – walking alongside.
- d. What about the position and reputation of psychiatrists? Can we refer?
 - i. The reputation of psychiatrists;
 - ii. The 'good' psychiatrist;
 - iii. Psychiatry has had a place in every time and culture.
- e. A condition of depression and the workings of faith and relationships
 - i. Depression and one's relationship to God;
 - ii. What about the healing power of grace?
 - iii. What's important in assessing depression and difficulties.

2. For people (family members, friends, elders) who are involved in people's lives that experience depression

- a. Assessing or judging the situation, the problem
 - i. We have to be very careful judging the situation – differences;
 - ii. Symptoms may not always mean what they seem;
 - iii. The difficulty of determining what's caused by sin or by sickness;
 - iv. External symptoms and internal causes;
 - v. Faith functions in and through all the functions man is created with, and faith cannot heal all brokenness;
- b. Family, friends, fellow-members, all need the Spirit's virtue of considerateness
 - i. It's not good to be judgmental, insensitive, and inconsiderate;
 - ii. Simplicity is easy, understanding is spiritual;
 - iii. All people are different, act differently, show distortions;
 - iv. Those who are healthy should acquaint themselves with other people's abnormalities;
 - v. The difficulty in coping with an ailing relative.