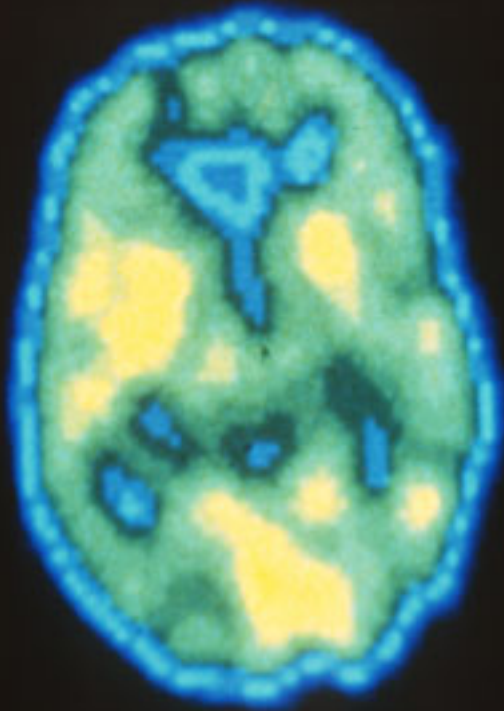
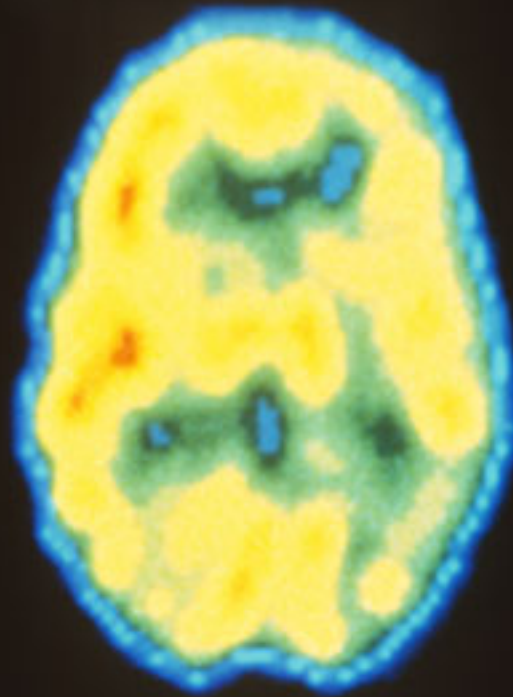




Depressed



Not depressed



Depressed Bible Characters

Resolutions and Helpful Verses

Typical Responses

- “Just don’t think about it.”
- “Instead of isolating yourself and withdrawing you should get out of the house and interact with people.”
- “Get involved in something you enjoy.”
- “Biblical prescriptions”
 - “Rejoice in the Lord.”
 - “Think on positive things.”
 - Pray more.
 - Study scripture more.

The Bible and Depression

- Bible does not diagnose “depression.”
- Characters that had good reason to be depressed.
- What can we learn from them?

Bible Characters and Depression

- Cain (Gen. 4:6-7).



Bible Characters and Depression

- Moses (Num. 11:10-16).



Bible Characters and Depression

- Jonah (4:1-11).



Bible Characters and Depression

- Elijah (1 Kings 19:1-18).



Bible Characters and Depression

- David (2 Sam. 12:10ff).



Bible Characters and Depression

- Job.



Others

- King Saul (1 Sam. 16:14-23)
 - Depression? Music helped.
- Ahab (1 Kings 21:4).
 - Vexed. Laid on his bed. Turned face to wall. Would not eat. Spirit was sullen.
- Judas (Matt. 27:3ff).
 - Committed suicide.
- Peter (Matt. 26:75).
 - Preached to others.
- Paul (2 Cor. 11:23-29).
 - Persecutor. Murderer. Turned sufferer for the cause.

Jesus

Lk. 13:34-35; Matt. 26:38; Mk. 14:33ff; Lk. 22:39-46

- Grief over rejection of the grace of God.
- In the Garden of Gethsemane.
- Scourging and crucifixion.
- “Learned obedience from the things He suffered” (Heb. 5:8).

