

# THE DEPRESSION BIBLE STUDY

1. First we need to consider why people fall into depression.
  - a. According to Psalm 103:14 what is man described as \_\_\_\_\_.  
What does this tell us about man? \_\_\_\_\_.
  - b. According to Lamentations 1:20 what was the reason for being distressed and disturbed? \_\_\_\_\_.
  - c. According to Romans 1:21 what were the two things that people did not do? \_\_\_\_\_  
What were the results of not doing these two things? \_\_\_\_\_.
  - d. According to Romans 1:28 what was the thing that people failed to do? \_\_\_\_\_  
What was the result of failing to do this? \_\_\_\_\_.
  - e. According to Romans 8:7 what is the condition of the sinful mind toward God?  
If someone is in this condition toward God, how would that affect the way the person sees himself? \_\_\_\_\_.
  
2. Now we will consider some of the affects of depression.
  - a. According to Ecclesiastes 11:8 how many days of darkness will a person have just by living in this fallen world? \_\_\_\_\_.
  - b. According to Ecclesiastes 2:17 what was the person focusing on? \_\_\_\_\_  
What was the affect of focusing on this? \_\_\_\_\_.
  - c. According to Jeremiah 15:10 list at least two things Jeremiah was feeling in his depressed state?  
What would these two things be identified as in modern psychological terms? \_\_\_\_\_.
  - d. According to Job 10:1 what were the two affects that Job had from being in bitterness of soul? \_\_\_\_\_.
  - e. According to Jonah 4:8 what affect did depression have on Jonah? \_\_\_\_\_.
  - f. According to 2 Corinthians 1:8, after Paul the Apostle, had suffered greatly, what affect did this suffering have on him? \_\_\_\_\_.
  - g. According to Matthew 26:37-38, when Jesus was praying about taking on the sin of all man and dying on the cross, what were the affects on him? \_\_\_\_\_.
  - h. According to Matthew 26:75 what was the affect on Peter after he had denied Jesus? \_\_\_\_\_.
  
3. We need to see how God views those who are in depression.

- a. According to Psalm 34:18 what does God do for those who are brokenhearted and have a crushed spirit? \_\_\_\_\_.
- b. According to Psalm 51:17 what will God do for us if we take our broken spirit to Him? \_\_\_\_\_.
- c. According to Matthew 6:28-34 who is in control of circumstances if we seek first the Kingdom of God? \_\_\_\_\_.  
Is it right for us to become depressed about circumstances? \_\_\_\_\_.

4. We must now look at the Biblical solution for depression.

- a. According to 1 John 1:9 what must we do? \_\_\_\_\_.  
What will be the results if we do this? \_\_\_\_\_.
- b. According to Acts 3:19 what do we need to do? \_\_\_\_\_.  
What will be the results of doing this? \_\_\_\_\_.
- c. According to Psalm 42:5 what do we need to do for a downcast soul? \_\_\_\_\_  
\_\_\_\_\_.
- d. According to Isaiah 40:31 what will happen to us if we put our hope in God? \_\_\_\_\_  
\_\_\_\_\_.
- e. According to Romans 12:2 what is the thing we must stop doing and the thing that we must start doing? \_\_\_\_\_.  
What will happen if we do these two things? \_\_\_\_\_.
- f. According to 2 Corinthians 10:5 what should we do with all of our thoughts?  
\_\_\_\_\_.
- g. According to Philippians 4:8 what should we set our mind on instead of dark thoughts? \_\_\_\_\_.
- h. According to Psalm 119:81 what do we need to put our hope in? \_\_\_\_\_.
- i. According to Psalm 119:105 what will the Word of God be for us if we put our hope in it? \_\_\_\_\_.
- j. According to Psalm 48:9 what should we meditate on? \_\_\_\_\_.
- k. According to Isaiah 61:1-3 what does Jesus want to do for us so we are able to be free of depression? \_\_\_\_\_.
- l. According to 1 Corinthians 6:19-20 what do we need to do with our body? \_\_\_\_\_  
\_\_\_\_\_.
- m. According to 1 Timothy 4:8 what has some value? \_\_\_\_\_.

5. Now we need to stay out of depression.

- a. According to Isaiah 2:22 what do we need to stop doing? \_\_\_\_\_.
- b. According to John 8:12 what do we need to do in order to not walk in darkness (depression)? \_\_\_\_\_.
- c. According to John 15:5 what can we do without Jesus? \_\_\_\_\_.
- d. According to Philippians 4:13 what can we do with Jesus? \_\_\_\_\_.

6. What are some things you will do to get out of depression and to stay out of depression? \_\_\_\_\_.

