

FAITH AND DEPRESSION

Psalm 88

Psalm 42

John 16:33

Awareness

Before listening, reflect:

- What is depression? How do you define depression?
- Do you know anyone living with depression? How does it affect daily life?

Depression is a human condition, experienced by many, regardless of gender, economic status, culture, or even faith. Our human tendency to want to fix things and our desire to see people happy can lead us to perpetuate misunderstandings and mistaken beliefs about depression and faith. However, it is important to recognize that depression and faith are not at odds; stories in the Bible reflect the human experience of depression and Scripture offers us models for supporting and encouraging faith even in life's darker moments. Whether you experience depression yourself or long to offer comfort to a friend or family member living with depression, join Groundwork as we study Scripture to learn more about faith and depression.

Listen: [Faith and Depression](#)

Reflection

After listening, consider:

- Reflecting on Psalm 88:18, Dr. Chuck DeGroat says, "What a powerful line. You know, there are those moments where we hear someone say: It is just so dark; and we want to lift them out immediately; and maybe this psalm gives us permission to let them stay in that tension." Why do you think we tend to want to lift people out of depression immediately?
- At the end of segment 1, host Scott Hoeszee makes it clear that depression is not at odds with faith when he says, "These psalms of lament are in the Bible for lots of reasons, not the least of which is to say you can be a believer. You believe in God, you are a faithful person, and you can still feel this way. People of faith talk this way...pray this way." In what ways do you think our churches could better reflect this truth?
- In segment 2, Chuck paraphrases this quote from Augustine's *Confessions*: "You have made us for yourself, O Lord, and our hearts are restless until they rest in You." Reflect on this observation about human longing and consider, is it true in your life? Why or why not?
- Whether experiencing depression or comforting a loved one, where might we see God with us *in the midst* of depression? What practices might help us identify God's presence with us, helping us see and giving us assurance of God's presence even in the darker moments?

Related Passages

- **Matthew 5:1-12**
- **Revelation 6:9-10**
- **Philippians 1:12-26**
- **Philippians 4:4-7**
- **Job 2:11-13**
- **Matthew 25:31-46**
- **Psalms 143:7-8**
- **Psalms 34:18**

Conclusion

Consider how these prayers, from *Canyon Road: A Book of Prayer* by Kari Kristina Reeves, might reflect both an honest experience with depression and a strong faith:

Jesus, in your mercy,
Touch my heart.

Father, in your mercy,
Relieve my load.

Spirit, in your mercy,
Renew my mind.

Almighty God—have mercy on me,
For the sake of your merciful name,
Pour out your love,

And glorify Jesus,
Amen.

Healing Prayer, p. 92

I trust that you are good
When I can't see your mercy.

I trust that you are loving
When I can't feel your presence.

I trust that you will save me
When I can't hear your voice.

Uphold me, God,
When I cannot reach out to you.

When I can't hold you, hold me.

Healing Prayer, p. 97

<https://groundwork.reframemedia.com/episodes/faith-and-depression>

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