

Fear, Depression and Anxiety

Week 1: Introduction, Goals, Terms and a Way Forward

NewCity Presbyterian Church, Falls Church, VA 1/31/2016

Among Christians, too, there are those who hold similar views. They believe it is sinful not only to groan and weep, but even to be downcast and anxious. Such outlandish ideas are the work of lazy individuals, who spend their time in speculation rather than in honest work, and who produce nothing but empty fantasies. – John Calvin

Being depressed is bad enough in itself, but being a depressed Christian is worse. And being a depressed Christian in a church full of people who do not understand depression is like a little taste of hell. – John Lockley

The greatest temptation out of hell is to live without trials. A pool of standing water will turn stagnant. Faith grows more with the sharp winter storm in its face. Grace withers without adversity. You can't sneak quietly into heaven without a cross. Crosses form us into his image. They cut away the pieces of stagnation. Lord cut, carve, wound; Lord do anything to perfect your image in us and make us fit for glory. – Samuel Rutherford

1. Class Goals

- a. To raise awareness of depression and anxiety in society and the church.
- b. To show how the Bible speaks and applies to all areas of our lives.
- c. To provide real help and practical strategies both to those who are currently suffering as well as those their caretakers.
- d. To create a passion for Christian care that would inspire individuals to pursue formally being an elder/deacon or assisting the work of the elders and deacons.

2. Defining Depression-Anxiety

Depression-anxiety is a heart-level issue that creates a heightened sense or feeling of worthlessness, anxiousness, a depressed mood, fear, worry, guilt or shame which has a negative impact on an individual's life, routine, thoughts, feelings or emotions and may or may not manifest itself with physical, bodily symptoms.

3. What 3 things does 1 Kings 19:1-18 teach us about God as our Counselor?

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Resources:

- 1. Recommended for this course:**
 - a. If I'm a Christian, Why am I Depressed? – Robert Somerville
 - b. Instruments in the Redeemer's Hands – Paul David Tripp
- 2. Depression**
 - a. Depression: Looking Up from the Stubborn Darkness – Edward T. Welch
 - b. Good Mood, Bad Mood – Charles D. Hodges, M. D.
 - c. Christians Get Depressed Too – David Murray
 - d. When the Darkness Will Not Lift – John Piper
 - e. Spurgeon's Sorrows – Zach Eswine
- 3. Anxiety**
 - a. Living Without Worry – Timothy Lane
- 4. Counseling Theory**
 - a. Blame it On the Brain? – Edward T. Welch
 - b. Seeing With New Eyes – David Powlison
 - c. How People Change – Timothy Lane and Paul Tripp
- 5. Puritan Resources**
 - a. When Christians Suffer – Thomas Case
 - b. Precious Remedies Against Satan's Devices (especially sections II and IV) – Thomas Brooks
 - c. The Bruised Reed – Richard Sibbes
 - d. Facing Grief: Counsel for Mourners – John Flavel
 - e. Communion with God – John Owen
 - f. All Things for Good – Thomas Watson
- 6. Other:**

I will continually post articles that I believe will be beneficial to you on the course website under "Articles." These articles will be available indefinitely to you!

<http://goingtodamasc.us/wp-content/uploads/DepressionAnxiety/>