

(ABC's that threaten Christian living)

Melancholy And Depression

By Dr. Gary M. Gulan, ©1986, (Rev. 99)

Timeless Truths (Why should I avoid melancholy and depression?)

1. Not all "melancholy" (i.e. "sadness") is sin, because life is filled with various high and low tides of experiences, (Ecc. 3:4). However, prolonged "melancholy" (i.e. "sadness") if not controlled could lead to a deeper type of "melancholy" (i.e. "depression" or "despair") which is caused by an incorrect response to our experiences and an incorrect understanding of how God works within life itself, (Ecc. 3:11).
2. "Melancholy" symptoms in Saul's life (i.e. "disturbing spirit") were associated with the limited presence or control of the Holy Spirit in his life, (1 Sam. 16:14-23).
3. "Melancholy" symptoms in Elijah's life (i.e. "wanting to die") were associated with exhaustion from spiritual battle and improper response to a threat, (1 Kings 19:3-4).
4. "Melancholy" symptoms in Job's life (i.e. "wanting to die," "bitterness of soul," and "broken spirit") were associated with life threatening health problems and loss of everything he had (Satanic oppression), (Job 3:3,11,20-26, 17:1).
5. "Melancholy" symptoms in the Psalmist's life (i.e. "cast down soul") were associated with persecution from the enemy, (Ps. 43:2-5).
6. "Melancholy" symptoms in Jeremiah's life (i.e. "wanting to die" and "sorrow") were associated with the constant trial from the enemy and the perceived slowness of God's plan, (Jer. 20:14,16).
7. "Melancholy" symptoms in Jonah's life (i.e. "wanting to die") were associated with selfishness and the dissatisfaction in the plan and program of God, (Jonah 4:1-3).

Practical Prescriptions (How can I control melancholy and depression?)

1. Trust in God's abundant grace to strengthen you in your challenges!

"...My grace is sufficient for you, for My strength is made perfect in weakness," (2 Cor. 12:9).

2. Turn your cares over to God's care and receive His comfort!

A. "Casting all your care upon Him for He cares for you," (1 Pt. 5:7).

B. "Nevertheless God, who comforts the down cast, comforted us..." (2 Cor. 7:6).

3. Think thoughts that are good, wholesome, and uplifting!

"...Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, meditate on these things," (Phil. 4:8).

4. Transfer God's peace to your life through active obedience!

"The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you," (Phil. 4:9).

5. Train yourself to accept distress without having despair!

A. "But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted but not forsaken; struck down, but not destroyed," (2 Cor. 4:7-9).

B. "Knowing that the testing of your faith produces patience, but let patience have its perfect work, that you may be perfect and complete, lacking in nothing," (Ja. 1:3-4; 1 Pt. 1:6-7)