

Homework

Lessons 18 & 19

Fear, Depression, & Worry

1. **MEMORY VERSES:** Genesis 4:6-7 and 1 John 4:18
2. **READ** Lessons 18 and 19.
3. **EXPLAIN** the implications of these scriptures on counseling depression, fear and worry:
 - Genesis 4
(especially verse 7)
 - Psalm 56
 - Psalm 77
 - Psalm 61
 - II Corinthians 1-4
 - Philippians 4:6-8
 - I John 4
(especially verse 18)
3. After studying Lessons 18 & 19, answer the following:
 - How does the world try to solve problems of depression?
 - How does God's word teach us to deal with feelings of depression?
 - What are some situations you find yourself in that cause you to fear or worry?
 - What are biblical "put-ons" for fear and worry? (five scripture references that show what God wants you to do instead of fearing and worrying)
4. **FILL** out Supplement 17 (the last page of your Self-Confrontation Syllabus). Instructions are found on the previous pages.
5. From your interaction with these scriptures and other resources, **WRITE** down at least three key principles that you want to remember when counseling for depression.
6. **WRITE** three key principles for fear.
7. **WRITE** three key principles for worry.



BCF LESSONS 18 & 19 Fear, Depression, & Worry

revised 08/19 greg blanc

Depression in the United States...

- 1) It is estimated that _____% of the US adult population will experience depression at some point in their lifetime.
- 2) Affects over 18 million adults (one in ten) in any given year, equaling 7% of all adults in the country.
- 3) _____% of Americans over the age of 12 take an antidepressant.
- 4) The median age of depression onset is 32.5 years old.
- 5) 8.7% of women have depression
- 6) 5.3% of men have depression
- 7) Nearly 50% of all people diagnosed with depression are also diagnosed with an _____ disorder.
- 8) Depression in the workplace causes \$490 million disability days from work each year in the US.
- 9) Is the leading cause of disability for ages 15-44.
- 10) There is one death by suicide in the US every _____ minutes, most initiated by depression. There are almost 45,000 suicides a year, over double the amount of homicides (CDC).

OUR HOPE:

Psalms 46:1 (NIV) God is our refuge and strength, an ever-present help in trouble.

Psalms 50:15 (NKJV) Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”

Psalms 61:2 (NKJV) From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I.

Even as believers, we will be tempted to feel discouraged and overwhelmed when we take our eyes off Jesus, and forget His promises to us.

The facts about fear, depression, and worry:

1. It is in the church.
2. It renders many Christians _____ and ineffective (John 10:10).
3. It can be _____ by responding biblically (Psalm 19:7-11).

The purposes of these lessons are:

- a. To help you understand that depression does not provide an _____ for you to live in an unbiblical manner.
- b. To remind you that depression may be experienced by anyone and must be dealt with from God's perspective and not from _____ philosophies or experiences.
- c. To present a biblical plan to overcome depression.

THE BOTTOM LINE: Depression other than organic chemical malfunctions, is the consequence of _____ habits or sinful reactions to circumstances.

The definition of depression – An emotional state of feeling sad; a psychoneurotic or psychotic disorder marked by sadness, inactivity and difficulty in thinking and concentrating; a lowering in vitality or functional activity.

Factors that may lead to depression:

- a. _____ - sickness, sleep loss, sleep too much, unhealthy diet, fatigue, or hormonal imbalances.
- b. _____ - job loss, financial difficulties, perceived crisis, loss of relationship.
- c. **Lack Of Biblical** _____ - Eating disorders, insufficient rest, lack of exercise, substance abuse, unfaithful prayer life, unconfessed sin, not reading your Bible, not doing your homework or not doing your laundry.

As usual, the 4 elements of a counseling session will apply here.

God's view – You can live biblically!

Hope – God will not allow anything into your life that is beyond His control or beyond your ability to endure without sinning 1 Corinthians 10:13, romans 8:28-29

Change – Put off disobedience to god's word, and put on a _____ life.

Practice – Stop living to please _____, submit to God's will and purpose in your life.

How do you respond when God let's you know that He's found a _____ in you motives? When He gently taps you on the shoulder and asks you, "why are you really doing this?" Do you listen to Him and respond scripturally?

FEAR and WORRY

Two emotions that greatly contribute to feelings of depression are **Fear and Worry**.

Basically the definition of **fear** is – a feeling of dread that something bad is going to happen to us. The basic "see spot run" definition of **worry** is – the preoccupation with a fearful possibility. Like fear and depression, its focus is on _____, a situation instead of dealing with it. But trusting in God makes sense; if He takes such good care of the birds, the flowers, and the grass, won't He take care of His children?

Contrasting Love to Fear and Worry:

Love thinks no _____.....Fear thinks of little else.

Love is self-giving.....Fear is self-_____.

Love moves towards others.....Fear shrinks away from others.

The fear of God _____ all other fears!

THIS WEEKS MEMORY VERSES: Genesis 4:6-7 and 1 John 4:18

Genesis 4:6-7 (NKJV) ⁶ So the LORD said to Cain, "Why are you angry? And why has your countenance fallen? ⁷ If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it."

1 John 4:18 (NKJV) ⁴ There is no fear, but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.