

Victory Over Depression

Restoring My Soul – Session #5
Based on *Restoring My Soul* by Bill Flatt

We all deal with obstacles in life – how we handle them is important. Did you know...

- Einstein did not learn to walk until he was 4 or read until he was 7.
- Beethoven’s music teacher once called him hopeless.
- Thomas Edison teachers did not think he was smart enough to learn anything.
- F.W. Woolworth was not allowed to wait on customers because he “didn’t have enough sense.”
- Walt Disney was once fired by a newspaper editor because he didn’t have any good ideas.
- Louisa May Alcott was told she would never write anything with popular appeal.
- Edison tried 1,500 experiments before finding a filament that would carry electricity, and 10,000 before perfecting the phonograph.
- Alfred C. Fuller lost his first three jobs. He was shy and could hardly read and write. No one gave him a fourth job, so he started making brushes and selling them door to door.

Can you think of something specific you have had to overcome in life?

What about someone you know?

Depression

- Symptoms of Depression
 - Depressed
 - Markedly diminished pleasure in things you enjoy
 - Significant weight loss or gain
 - Insomnia or hypersomnia nearly every day
 - Physical movement agitated or slowed down
 - Constant fatigue – not just tired but exhausted, depleted
 - Feelings of worthlessness or inappropriate guilt
 - Diminished ability to think or concentrate, indecisiveness
 - Recurrent thoughts of death
 - Low self-esteem
 - Feelings of hopelessness
 - Withdrawal – desire to escape
 - Feelings of dependency
 - Anger turned inward or outward
 - Experience morning as the worst part of the day
- Types of depression
 - Bipolar Disorder – roller coaster type experience
 - Bipolar Disorder II – similar but not as serious as Bipolar Disorder
 - Cyclothymia – similar to Bipolar Disorder II.
 - Major Depression – deep, severe depression
 - Dysthemic Disorder – Moderate, long-term depression (most common)
 - Adjustment Disorder – Reaction to unpleasant life events, usually temporary

Outcomes of Depression

1. Negative Outcomes

- Symptoms can be devastating and emotionally difficult.
- Reaction to the symptoms can be counterproductive.
 - Matthew 27 shows us Judas' reaction to the guilt of his betrayal of Christ.
 - In 1 Samuel 31, when King Saul saw the odds against him, he took his own life.

2. Positive Outcomes

- After his encounter with God, Elijah came back to do powerful things.
- When Peter dealt with his mistakes, God was able to use him tremendously.
- When we learn how to deal with the symptoms, we can be helpful to others.
- Here are some questions to ask when dealing with these symptoms:
 - Do you see yourself as a spiritual being accountable to God? What is your spiritual identity? Does your problem relate to this identity?
 - What spiritual resources do you have? The church? The Bible? Other good books? Spiritual friends? Other? Have you been utilizing them?
 - What are your spiritual values or beliefs? Please write a list. Is your problem related to these? How?
 - Do you live in accordance with these values and beliefs? How does this relate to your problem and spiritual well-being?
 - Are you alive spiritually? Are you growing spiritually? What do you need to do differently to grow spiritually? Are you willing to do this? When?
- Here is Dr. Flatt's Top Ten List of scriptures for dealing with depression – 1. Psalm 23:1, 2. Psalm 46:1-3, 3. Isaiah 40:28-30, 4. Matthew 6:25, 5. Matthew 6:34, 6. Philippians 4:12-13, 7. Philippians 4:19, 8. 1 Peter 5:7, 9. Psalm 121:1-3, 10. Revelation 21:4.

Favorite Illustration of Success through Discipline

He had a difficult childhood.

Less than one year of formal schooling.

He failed in business in 1831.

He was defeated for legislature in 1832.

Again failed in business in 1833.

Elected to the legislature in 1834.

His fiancé died in 1835.

Defeated for Speaker in 1838.

Defeated for Elector in 1840.

He married, and his wife began struggling with health issues in 1842.

Only one of his sons lived past the age of 18.

He was defeated for Congress in 1843.

Elected to Congress in 1846.

Defeated for Congress in 1848.

Defeated for Senate in 1855.

Defeated for Vice-President in 1856.

Defeated for the Senate in 1858.

Yet, in spite of all this, Abraham Lincoln was elected President in 1860.