

THE CRUSHED

“A MAN’S SPIRIT SUSTAINS HIM IN
SICKNESS, BUT A CRUSHED SPIRIT WHO
CAN BEAR?”

PROV. 18:14 NIV

- In the wide world there is stigma associated with mental health problems, even significant illness like schizophrenia or bipolar disorder.
- Real questions people have.
- **How can Christians suffer with depression when we are supposed to have the Hope of the World in us?**
- **Am I a bad Christian because I am depressed and anxious?**

CS LEWIS GETS IT



- “Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.”

—

- **C.S. Lewis, The Problem of Pain**

KING DAVID GETS IT

PSALM 38

- 6-8 I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh. I am feeble and crushed; I groan because of the tumult of my heart.

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever” Ps. 73:26 NIV.



- “When I kept silent, my bones grew old
Through my groaning all the day long. For day
and night Your hand was heavy upon me; My
vitality was turned into the drought of summer.
Selah.”

-Psalm 32:3-4

- We all experience feeling sad... and we get over it . That is why we feel like we can judge other people who don't seem to get over it.
- Is there a difference between sadness and depression?
- It is as if since you have had the flu you can understand and give advice to someone who has cancer.
- As I alluded to, whether implicit or directly stated, Christians have an even lower tolerance for people who are depressed or anxious.

HOW DOES THIS RELATE TO APOLOGETICS

- Apologetics goal is to clear misunderstanding about what the Truth is. To clear away distractions and to help a person understand who God is and what he thinks of us.
-In the context of a fallen world

FIRST RABBIT TRAIL

- What is truth...

Boiled down for your consideration. Three theories.

- Truth is the result of your beliefs
- Truth is unknowable and therefore any attempt to describe it is pointless.
- Truth is a description of reality. It is knowable and it is immutable.

- Depression and Anxiety are real medical diagnoses like a fractured arm or diabetes, or heart disease
- It is not brought on by the person because they are weak or , unspiritual, or just can't get it together.
- That is unless you apply that same logic to the myriad of diseases you all have, which are caused, at their root, by lack of exercise, sleep, poor diet and poor stress management.

DIAGNOSIS



DEPRESSION

- **DSM-V Criteria for Major Depressive Disorder (MDD)**
- **Two weeks**
- **MOOD**
- **Impaired function**
- **Decreased interest/pleasure**
- **Weight Change**
- **Change in sleep**
- **Change in activity**
- **Fatigue or loss of energy**
- **Guilt/worthlessness**
- **Concentration**



Two-Question Case-Finding Instrument

1. During the past month, have you often been bothered by feeling down, depressed, or hopeless?

Yes No

2. During the past month, have you often been bothered by having little interest or pleasure in doing things?

Yes No

If "no" to both, patient is unlikely to have major depression.
If "yes" to either, proceed with the follow-up clinical interview.

Follow-up Clinical Interview

The diagnosis of major depression requires five or more of the following nine symptoms, including depressed mood or anhedonia, during the same two-week period, causing clinically significant distress or impairment in social, occupational, or other important areas of functioning.

SYMPTOM	DSM-IV DIAGNOSTIC CRITERIA FOR MAJOR DEPRESSIVE EPISODE
Depressed mood	Depressed mood most of the day, nearly every day
Anhedonia	Markedly diminished interest or pleasure in almost all activities
Weight change	Substantial unintentional weight loss or gain
Sleep disturbance	Insomnia or hypersomnia nearly every day
Psychomotor problems	Psychomotor agitation or retardation nearly every day
Lack of energy	Fatigue or loss of energy nearly every day
Excessive guilt	Feelings of worthlessness or excessive guilt nearly every day
Poor concentration	Diminished ability to think or concentrate nearly every day
Suicidal ideation	Recurrent thoughts of death or suicide

- What does it really matter?
- It is a chronic disease with the vast majority having these brain disorders showup between age 14-24
- Loss of quality of Life and Death

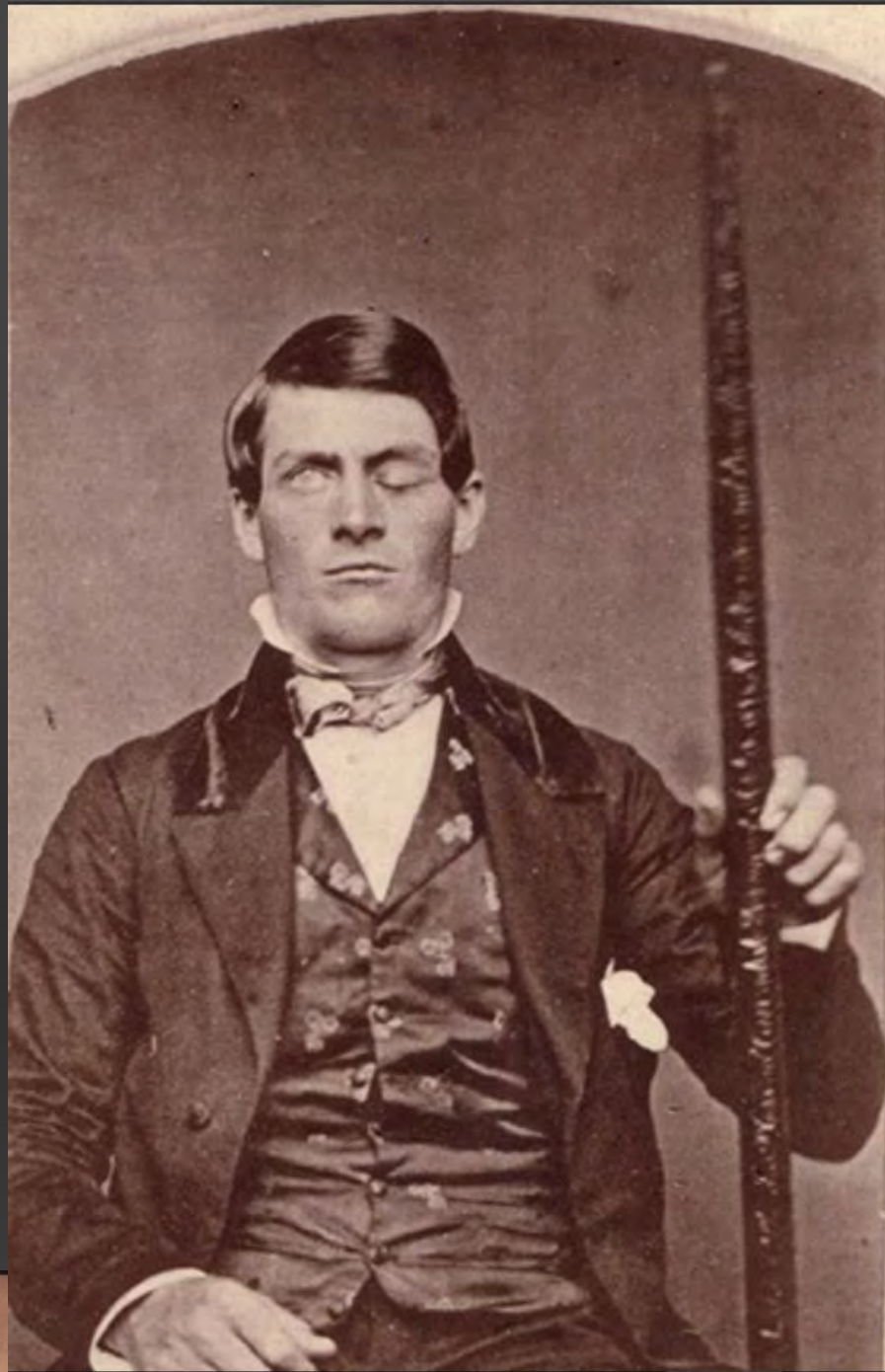
1 CORINTHIANS 3:17 THE MESSAGE (MSG)

You realize, don't you, that you are the temple of God, and God himself is present in you? No one will get by with vandalizing God's temple, you can be sure of that. God's temple is sacred—and you, remember, *are* the temple.

1 CORINTHIANS 6:20 THE MESSAGE (MSG)

Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

PHINEAS
GAGE



ETIOLOGY

How do we end up depressed?

Mind:

Trauma

Self esteem

Disordered thinking

Low education level

Soul:

Poor social support

Broken family relationships

Parental loss, Low parental warmth

History of divorce, Marital problems

Body:

Genetics

Neurochemistry

Head Injury

Trauma

Substance misuse

Spirit:

Sin

Principalities and powers

The Fall

RABBIT TRAIL TWO

ACES

While you were you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**... Swear at you, insult you, put you down, or humiliate you?

or

Act in a way that made you afraid that you might be physically hurt?

Yes No

If yes enter 1 _____

2. Did a parent or other adult in the household **often or very often**... Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

Yes No

If yes enter 1 _____

3. Did an adult or person at least 5 years older than you **ever**...

Touch or fondle you or have you touch their body in a sexual way?

or

Attempt or actually have oral, anal, or vaginal intercourse with you?

Yes No

If yes enter 1 _____



ACE QUESTIONNAIRE (CONT'D)

4. Did you **often or very often** feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

Yes No

If yes enter 1 _____

5. Did you **often or very often** feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

or

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes No

If yes enter 1 _____

6. Were your parents **ever** separated or divorced?

Yes No

If yes enter 1 _____

ACE QUESTIONNAIRE (CONT'D)

7. Was your mother or stepmother:

Often or very often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

Yes No

If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No

If yes enter 1 _____

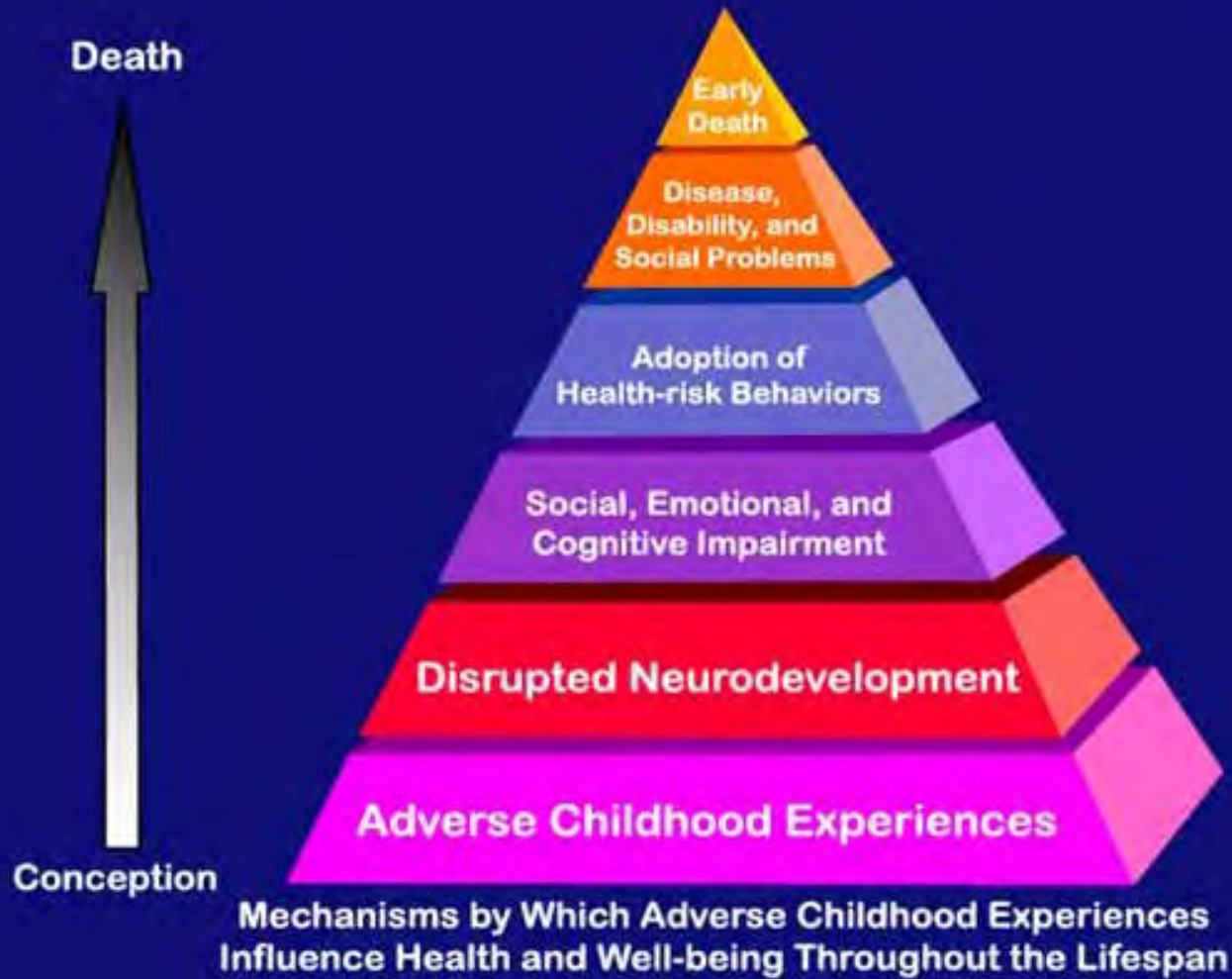
ACE QUESTIONNAIRE (CONT'D)

9. Was a household member depressed or mentally ill, or did a household member attempt suicide? Yes No If yes enter
1 _____

10. Did a household member go to prison?
Yes No If yes enter 1 _____

**Now add up your "Yes" answers: _____ This is your ACE
Score.**

ACE influences on healthy development



BIOLOGICAL ETIOLOGY

- The number, density, and size of neurons and glial cells are abnormal in post-mortem studies of depressed individuals. Neural networks are altered

Structural neuroimaging in patients with longstanding or untreated depression show :

- Increased ventricular-brain ratio
- Smaller frontal lobe volumes
- Smaller hippocampal volume

Neuroimaging shows altered function during depression and changes that occur after treatment.

SPIRITUAL ETIOLOGY

- This is not our home. There is a tension between what is and what will be, a longing that exists because of the separation that exists as a result of the Fall.
- That separation is intensified by the decisions others make for us when they sin and harm us.
- That separation is also intensified by the decisions we make that create distance from our home. God does not move away from us we move away from him.
- Imagine not understanding cigarettes can cause cancer. 25 times a day you add to the burden of disease you have-you literally are killing yourself. Now what about sin? Does it matter if you recognize recognize it is a real concept?

Is the damage done anyway?

TREATMENT



- **Biology**
- **Relationships**
- **Thinking**
- **Spiritual**

BIOLOGY

- Fix the Body

RELATIONSHIPS

- **Key relationships such as family.**
- **Negative and positive**

THINKING

• CBT

SPIRITUAL

- **Depression can be the result of the wrong attitude to sin.**
 - **Understand how to make it right.**
- **Depression can also be the result of regrets.**
 - **Clear your conscience**
- **Depression can be the result of separation.**
 - **Find out what God thinks about You!**

KING DAVID

- I waited patiently for God to help me; then he listened and heard my cry. ² He lifted me out of the pit of despair, out from the bog and the mire, and set my feet on a hard, firm path, and steadied me as I walked along. ³ He has given me a new song to sing, of praises to our God. Now many will hear of the glorious things he did for me, and stand in awe before the Lord, and put their trust in him. Psalm 40