

IF I'M A CHRISTIAN,

# WHY

AM I DEPRESSED?

FINDING MEANING AND HOPE IN THE DARK VALLEY  
ONE MAN'S JOURNEY



DOBERT R. SOMERVILLE

# If Im A Christian Why Am I Depressed

**Kenyon C. Knapp**



## **If Im A Christian Why Am I Depressed:**

**The Surprising Truth about Depression** Herbert Wagemaker,1997-06      Beat Depression On Your Own My 15 HIDDEN SECRETS DoGO,2021-09-25 This book wasn't made to please. It wasn't made just so because I have something to say. It wasn't made just because I wanted to simply share my story. I made this book because I feel deep down my heart it tells me somebody needs to hear it. I believe and have a strong feeling somewhere out there people need to hear it. When I see and read about someone struggling with depression and they don't know how to deal with it, it really breaks my heart. Sincerely, I have seen how much they suffer from inside. I can see where they are. I can feel their desperations in life. I often tell to myself if they only know how to manage and deal depression for Real they wouldn't be like this. I can see their suffering loneliness frustrations pain and hopelessness with this illness. But telling those directly is not easy because most people are too emotional to listen. Only to their pains and sufferings. Listening to someone who overcomes depression becomes a myth anymore. Few only believe that this disease can really be cured and manageable. Hence, it could be a Challenge to tell someone that you can really Beat this Disease. I know being a sufferer you can hardly pick up opinions from other people because what matters to you is how much you struggle inside, how painful it is to carry day by day believing to yourself that nobody can relate to you except you and the people who struggle with it. We may have different experiences in life, maybe yours is too painful than mine, but my experiences with depression taught me many things in life. I have seen how much I have hated myself to how much I APPRECIATE the PAIN I was begging for cure for so long that I dig deep down to my core being on what's really happening to me. I have observed myself thoroughly from the moment when I was depressed to the time I'll be okay. These elements are too powerful to beat and handle. It takes a lot of Understanding, Awareness, Discipline, Sacrifices, Beliefs, and Prayers to fully recover from this sickness. I have seen myself how much I have suffered from depression. I dealt with it like a tortured one. I was jailed by my own doing and hopeless to get out from the darkness. Depression eats me whole. I was being consumed by it, the all of me to the point of reading the word PAIN aches my heart painfully. This pain that I have been through is too much to handle on my own. So I look for an answer forcefully on how to be better. Learning and adjusting myself took me years to fully manage myself back. And in those processes, life teaches me lessons I never knew I could understand things clearly and passionately. These 15 HIDDEN SECRETS of mine on Beating Depression On Your Own are my personal experiences that I wanted to share to you on how I have survived depression and how I managed it without the help of a doctor or any medical drugs. In this book, I tell everything. My Secrets that I have kept for so long that until now nobody even recognized that I have depression. I honestly tell you in this book how I have made it and I hope that you have faith in your self that you could do it too. I made this Book for you.

**Spiritual Depression** D. Martyn Lloyd-Jones,2016-01-12 If Christianity is such good news why are its followers often unhappy? Spiritual Depression is one of the great classics of the modern Church diagnosing the causes of the unhappiness that many Christians experience and prescribing the practical care

to lift your spirits and bring you freedom power and joy A medical doctor by training and one of the great Christian teachers of the twentieth century Spiritual Depression comprised of Dr Martyn Lloyd Jones greatest sermons on the topic draws together his professional understanding of the mind with a profound understanding of biblical theology Spiritual Depression is ideal for Any believer struggling with depression Church leaders ministering to their flock Friends and family members of loved ones who are going through a bleak period in their lives Anyone who wants to tap into the profound encouragement in God s Word Spiritual health is possible This book explains how everyone can grasp it for themselves **My Life: How I Overcame Stress, Depression, and Communication Breakdowns** , How To Beat Depression with the Bible Taylor Johnson,2023-01-21 Depression has only one goal to kill you Be it by the means of a swift and intentional act or by a long drawn out process of slowly taking your life with alcohol and drug abuse it only wants you dead Those who fight depression with a bottle of gin or a needle in the arm are losing the fight They re currently killing themselves slowly just like depression wants them to Every antidepressant has a possible side effect of making your depression worse Is that winning the fight or giving depression the upper hand Depression wants us to cheat on our lives by forcing us to have an affair with death The purpose of this book is to help you learn how to love your life more than the idea of death For someone with depression death seems like a sweet release the only way to end the pain Trust me on this it s not especially if you die without knowing Jesus A life of perpetual agony despair rejection and suffering can t even compare to the first minute of an eternity in Hell separated from God Depression doesn t care who you are it wants to kill you It s time that we finally beat depression and love our lives more than death In this book you ll find three things The first is a clear explanation of the biblical Gospel so that you can learn how to be saved and how to know with certainty that you re saved The second thing you will find within is my personal story on battling depression anxiety suicidal contemplations a night terror disorder and severe insomnia Finally you will also find nine Bible based steps in this book that will teach you How To Beat Depression With The Bible Cognitive Behavioral Therapy for Christians with Depression Michelle Pearce,2016-07-25 Does religion belong in psychotherapy For anyone in the helping profession whether as mental health professional or religious leader this question is bound to arise Many mental health professionals feel uncomfortable discussing religion In contrast many religious leaders feel uncomfortable referring their congregants to professionals who do not know their faith or intent to engage with it And yet Michelle Pearce PhD assistant professor and clinical psychologist at the Center for Integrative Medicine at the University of Maryland argues that if religion is essential to a client religion will be a part of psychotherapy whether it is discussed or not Clients cannot check their values at the door more than the professionals who treat them To Pearce the question isn t really does religion belong but rather how can mental health professionals help their religious clients engage with and use their faith as a healing resource in psychotherapy Cognitive Behavioral Therapy for Christian Clients with Depression is the answer to that question as the book s purpose is to educate mental health professionals and pastoral counselors about religion s role in therapy as

well as equip them to discuss religious issues and use evidence based religiously integrated tools with Christian clients experiencing depression In this book readers will find the following resources in an easy to use format An overview of the scientific benefits of integrating clients religious beliefs and practices in psychotherapy An organizing therapeutic approach for doing Christian CBT Seven tools specific to Christian CBT to treat depression Suggested dialogue for therapists to introduce concepts and tools Skill building activity worksheets for clients Clinical examples of Christian CBT and the seven tools in action Practitioners will learn the helpful and sometimes not so beneficial role a person s Christian faith can play in psychotherapy They will be equipped to discuss religious issues and use religiously integrated tools in their work At the same time clergy will learn how Christianity can be integrated into an evidence based secular mental health treatment for depression which is sure to increase their comfort level for making referrals to mental health practitioners who provide this form of treatment Cognitive Behavioral Therapy for Christian Clients with Depression is a practical guide for mental health professionals and pastoral counselors who want to learn how to use Christian specific CBT tools to treat depression in their Christian clients *The Christian Way of Life Vol. 5 (How to Defeat Depression* Dr. Terry L. Puett,D.D.,Th.D, **The New Bible Cure For Depression & Anxiety** Don Colbert,2010-09-24 There Is Hope You can overcome depression and anxiety Do you suffer from depression or anxiety In this concise easy to read book you ll discover a wealth of information that will help you break free Dr Colbert has taken the confusion away from depression and anxiety and made it simple and easy to understand Incorporating the latest medical findings with the timeless wisdom of the Bible The New Bible Cure for Depression and Anxiety contains findings that your doctor never may have told you including The best antidepressant The vital link between omega 3 fatty acids and brain activity Powerful foods that combat depression Simple strategies for joy filled living You want to be healthy and God wants you to be healthy Now at last here s a source of information that will help you gain and keep a healthy lifestyle body mind and spirit **New Light on Depression** David B. Biebel,Harold G. Koenig,2010-06-15 Moving Back toward Wholeness What is depression really A psychological disorder An emotional problem A case of negative self talk A spiritual weakness Unresolved anger A medical condition How can it be successfully treated Whether you need a lifeline to cling to knowledge to clear confusion help determining the next step or strength to help a loved one New Light on Depression offers hope and healing With understanding born of personal and professional experience the authors one a psychiatrist and the other a minister untangle the web of depression guiding you through an understanding of depression myths and misunderstandings symptoms and diagnoses causes and treatments spiritual struggles and gifts of graceWritten for those who suffer from depression and those who want to help family members pastors friends this book equips you with the knowledge and tools to move toward a life of joy once more It covers the full range of concerns including the use of antidepressants With personal applications questions for reflection and evaluation guides New Light on Depression is a medically reliable and biblically sound resource for finding faith and strength in the midst of depression and emerging

again whole and healthy      *Holding on to Heaven While Your Friend Goes Through Hell* Orville Nave, Connie Neal, 1999-08-20 When a friend is going through the hell of divorce abuse illness job loss or some other difficulty the Christian friend feels spiritually compelled to offer a helping hand and a listening ear Author and speaker Connie Neal reveals the secrets that allow women to truly love their friends while avoiding unhealthy dependency disillusionment and burn out      **NCV, Mom's Bible** Bobbie Wolgemuth, 2010-02-08 Mom's Bible God's Wisdom for Mothers gives women an awareness of just how precious and vital they are in God's plan for the family Available in the New Century Version and drawing on solid Bible teaching it encourages women at every stage of life to strengthen their relationship with God A perfect gift for Mother's Day birthdays or whenever it's time to say thank you to a special mom Includes these special sections Book Introductions historical emotional and spiritual context for each Bible book Walking In ways that are pleasing to God Our God Is discovering who God is and what He does based on His words and actions Godly Character exhibiting godly qualities in daily living Passing It On creating a legacy of faith to inspire the next generation Moms in the Bible lessons from some of the Bible's most famous mothers Insights short practical thoughts on Bible passages from a mom's perspective Wonderful Counselor issues facing moms from the perspective of a Christian therapist Questions Kids Ask answering the tough questions about God the Bible and Christian life First Touch Verses verses to mull over throughout the day Topical Index      **DEPRESSION** Robert Canada, 2018-01-11 The National Institute of Mental Health estimates sixteen million adults in the United States suffer from some form of depression The World Health Organization estimates 350 million people in the world suffer from depression Over thirty thousand suicides take place in America each year above sixty percent suffered from depression The suicide epidemic has become the fourth leading cause of death among adults ages eighteen to sixty five This sermon topic seems to be overlooked by our pulpits today There are millions of Christians within the 350 million suffering from depression These brothers and sisters in Christ are suffering from something they cannot control They awake each day to another day of dread crying out to God for relief with none in sight Lost in a dark never ending tunnel looking for a way out No light no hope and no direction There is a stigma attached to being a Christian suffering from depression because we believe this is not supposed to happen to real Christians After all aren't we to be content in all things We are to put on the garment of praise for the spirit of heaviness How do we share our condition with other Christians who are void of understanding We are not alone in our fight to drive this beast out of our lives There are millions fighting this battle each day Searching for the light at the end of the tunnel The time has come to talk about depression in Christianity      Stand Firm Rev Daniel W Blair, 2012-11-13 In the coming days a solid theological belief system may be our only hope for standing firm in our faith As we fast approach the end of days we have seen an increase in demonic activity psychological problems and increasing pressure from the religious establishment to accept other belief systems in the name of tolerance This ready resource will help the end time saint remain faithful to Jesus even in the face of intense persecution Reverend Blair is

convinced that God has given the Christian everything needed for life and godliness and he supports this by offering practical application So as you go along your way return to this book again and again to drink from the fountain of knowledge

concerning your salvation in Jesus Christ and godly counsel on how to Stand Firm in the last days     **Unmasking Male**

**Depression** Archibald D. Hart,2000-12-31 Depression is a secret pain at the core of many men s lives and one that goes largely undiagnosed and untreated The consequences of not treating male depression are extremely serious Studies show that suicide is more common in men than women and tha the male suicide rate is three times higher at midlife than at any other life stage In Unmasking Male Depression Dr Archibald Hart explores the many forms of depression and gives tools for coping with and healing depression in men Hart also examines the lives of Christian leaders who struggled with depression such as Charles Spurgeon Martin Luther and John Calvin to reveal the myths surrounding this illness     *Healthy Depression*

Kenyon C. Knapp,2023-05-25 Depression is the most common mental health struggle on earth but before we treat it it helps to determine if it is the illness or the symptom There are some depressions that are biologically based and others that are situational and some that are based on a lack of meaning and purpose in life This book will help you figure out if you have the sufficient meaning and purpose in your life that serves as a protective factor when the hard times inevitably come We will examine how depression can be a sign of health and how you can find meaning and purpose in your life     **Lord, I'm**

**Depressed** Rico Villanueva,2019-12-16 Cheer up Just pray it away Christians don t get depressed All too often we hear these insensitive words from people who mean well but are misguided on depression A way to help is striving to better understand depression and those dealing with it In Lord I m Depressed Rico Villanueva shares his own journey with depression and his reflections on the Lament Psalms He writes It is through pain indeed through the wounds of Jesus that healing flows This book is not about quick fixes formulas or false hopes for overcoming depression It is a profound psychological biblical and vulnerable expression of a pastor scholar and deeply faithful man of God whose story is unfortunately not an exception

**Counseling Depressed Women** Susan J. Dunlap,1997-01-01 Why do women suffer depression twice as often as men Susan Dunlap integrates findings from biology psychology sociology and theology to discover that powerlessness is a cause of depression Based on this understanding she develops a pastoral theological response to bring hope to depressed women The purpose of the Counseling and Pastoral Theology series is to address clinical issues that arise among particular populations currently neglected in the literature on pastoral care and counseling This series is committed to enhancing both the theoretical base and the clinical expertise of pastoral caregivers by providing a pastoral theological paradigm that will inform both assessment and intervention with persons in these specific populations     *Am I a Better Christian on Zoloft?* Mark Tabb,2025-06-03 When you ve done all the right things read all the right books and listened to all the right worship songs yet still feel like you don t have this faith thing figured out what do you do It can be hard to voice the questions and doubts floating around your head and heart to others But you re not the only one who feels that way For anyone tired of church

politics the unspoken rules of Christian subculture and taking themselves too seriously Mark Tabb is your new best friend He asks the questions you might hesitate to admit having like Can I call myself a Christian if I don't watch The Chosen Is God kind of mean but we're all afraid to say something If I believe God is in control why am I upset about politics Why don't I feel it What if I'm wrong and more Not only will he explore the answers to ten specific questions he'll show you how to get comfortable talking with others about all the weird and uncomfortable questions you have Because figuring out life together just might be the catalyst we need to renew our faith and our hope for the future

**NIV, True Images: The Bible for Teen Girls, Hardcover** Various Authors, 2010-06-01 Reality Spoken Here The Bible's timeless truths connect directly with life today That's why you'll love True Images It's for real teenage girls with real lives God knows about your world and the issues you deal with He knows all about you and he cares about you a lot He's incredibly encouraging and no one is wiser about how to make your life your dreams and your relationships work True Images is packed with edgy graphics You'll love its personal notes cool quizzes challenging insights smart advice and open discussion about the realities of life today But don't let the fun format fool you this is a serious Bible that is as sincere about your walk with God as you are Everything in these pages is designed to help you build a closer relationship with him and to help you discover his will for all areas of your life including dating family friendships work sports and so much more Following Jesus isn't stuffy or theoretical it's as practical and down to earth as you can get So whether you're reading the reality based in focus stories that deal with various issues girls face or drawing encouragement from love notes from God or letting truth or dare challenge you in practical ways what you're going to value most is discovering how deeply God is involved in your life Laughing when you laugh Grieving over your tears Listening when no one else seems to care Smiling because he likes you And loving you through thick and thin Features 120 in focus articles take you inside the thoughts and circumstances of other girls' lives to see how the Bible applies to the issues you face Over 500 quick truth or dare call outs dare you to discover God's truth about life and faith 52 mirror images profile the women of the Bible the good girls and the bad girls and what we can learn from their lives Over 100 short love notes from God tell the very personal message of how much God loves you and of your incredible value in his eyes Over 300 genuine notes focus on true inner beauty genuine character integrity purity faith love obedience and more 24 full color tips bring you fun quizzes on topics such as Are You a Good Friend What's Your Confidence Factor The Perfect Date and more You'll learn a lot about yourself Reflections from the other side reveal what guys think about topics tied to the quizzes 66 book introductions provide overviews for each book of the Bible to help you dive in and grasp what's going on An informative website with resources topical verse finder daily Bible reading plans links to other sites and more [www.TrueImagesBible.com](http://www.TrueImagesBible.com) The New International Version NIV is today's most read and most trusted English Bible translation The goal of the NIV translation team was to produce a contemporary translation whose accuracy clarity and literary quality would make it ideal for public and private reading teaching preaching memorizing and liturgical use Today the NIV is accepted by more



denominations than any other translation and is supported by a library of reference resources unmatched by any other translation *RISE AND SHINE Anxiety & Depression, & Life Management Tools* Ron Williams, 2014-06-24 NOTES A 5th Final Touch Edition written over 10yrs 4mos For Paperback be sure to order New to assure you re getting the latest Final Touch Edition B Intended Relaxation YouTube Session Id d in 5 3 1 of Book now Unavailable See Details contained in following Blog Post addressing Options [riseandshineanxietydepression.net](http://riseandshineanxietydepression.net) 2020 08 23 As Strong as Complete especially per the 5th Final Touch Edition You think God Created us thinking we Need man made medication to deal with our Mental Health Issues I Certainly Don t Think So Book addresses the Natural Answer Solution to Our Mental Health Issues Mind Body PTSD OCD ADD ADHD Addiction Recovery BPD Bipolar 2 at least exceptions if suffer w Brain Trauma It s All about a Tremendous Education from a X Sufferer as I am now along w Professionals She Knew and Trusted Then lots of Growth A Worse Caser I Do Not Want To See Anyone Go Thru This or Similar 4 times in a psych wards attempted pulling the plug twice This True Self Helper encompasses All We Can Do as humans to Take Care of Ourselves Bottom Line We All have to do the Work Ourselves in Life Unquestionably And without Change there is no change in the way we Think Operate which is Key After So Many Years of Education Growth Experience 40 years now Can t Imagine in a TRUE Self Help Book there Could Be Anything Better This Book s True Power Importance based on Tying these Key Pieces together 1 Optimum Proven Detailed Positivity Tools Skills Process w Full Instruction set teaches us How Best To Change Our negative thoughts and mindset to Positive Thoughts and Mindset This is the Bottom Line Key to Rid Ourselves from negativity which is root cause of most of Our Issues in Life i e those individual neg thoughts sources of Self Personalizing Process Process allows us to Develop Build Up Our Inner Strength Positivity Threshold 2 Spiritual Faith Growth Needs ref sect 4 To Amend or Establish a Strong Foundation the Basis of Our Positivity Helps us through Recovery especially for Serious Levels of Depression when dealing with matters outside our control Helps Dealing with Life s Issues which push past our Positivity Threshold In Sum this Solidifies Everything Our Peace Of Mind YES Need Our 1 DEPENDENCE God 3 Of Course Exercise Eating Well and Power in laughter s also addressed Go to Blog post [riseandshineanxietydepression.net](http://riseandshineanxietydepression.net) 2020 03 10 elaborating on Book s Substance Effectiveness per what Known have witnessed w Book in Hand Read On for You and Your Loved Ones God Bless Author Ron

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