

## **The Problem**

Depression (Caused by sin)

## **Scripture**

Gen 4:6, 7; Ps 32:1-5; 38; Prov 28:13; 1 John 1:9

## **Insight From the Text**

- Most depression is caused by sin that is not confessed and repented off
- Depression has physical effects on the body
- One needs to repent of his sin in order to have relief of the symptoms of depression
- When we confess our sins, God is faithful to forgive us of our sins

## **What I Need to Put Off**

- Thinking that this is caused by a chemical imbalance in the brain
- The sinful attitude and actions that are a cause to your depression
- Wrong thoughts about people or situations
- Self-centered thinking
- Hiding sin

## **What I Need to Put On**

- Repentance of sin towards God and others; seek reconciliation with them as soon as possible
- Confessing sin to those you have offended and making confession a regular part of your life
- Rather than focusing on yourself and what others or life situations have done to you, seek ways to serve and love others
- Right biblical thinking about man and God

## **How Will I Change?**

- Read the passages above daily and memorize them
- Use these verses and write out a prayer of repentance; confess you specific sins to God asking for His forgiveness
- Write out a list of ways that you can serve others in the church
- Read *Down But Not Out* by Wayne Mack