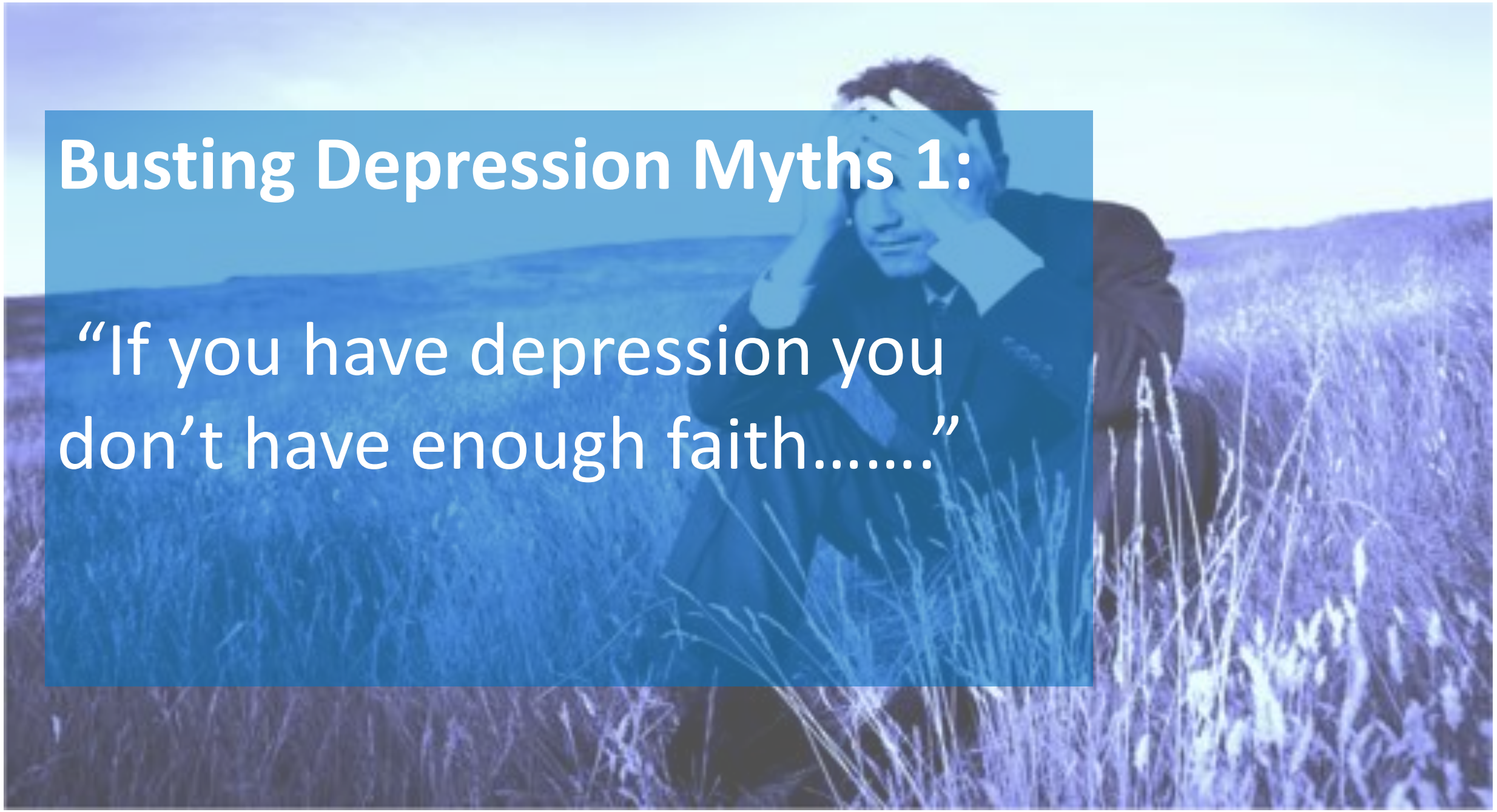
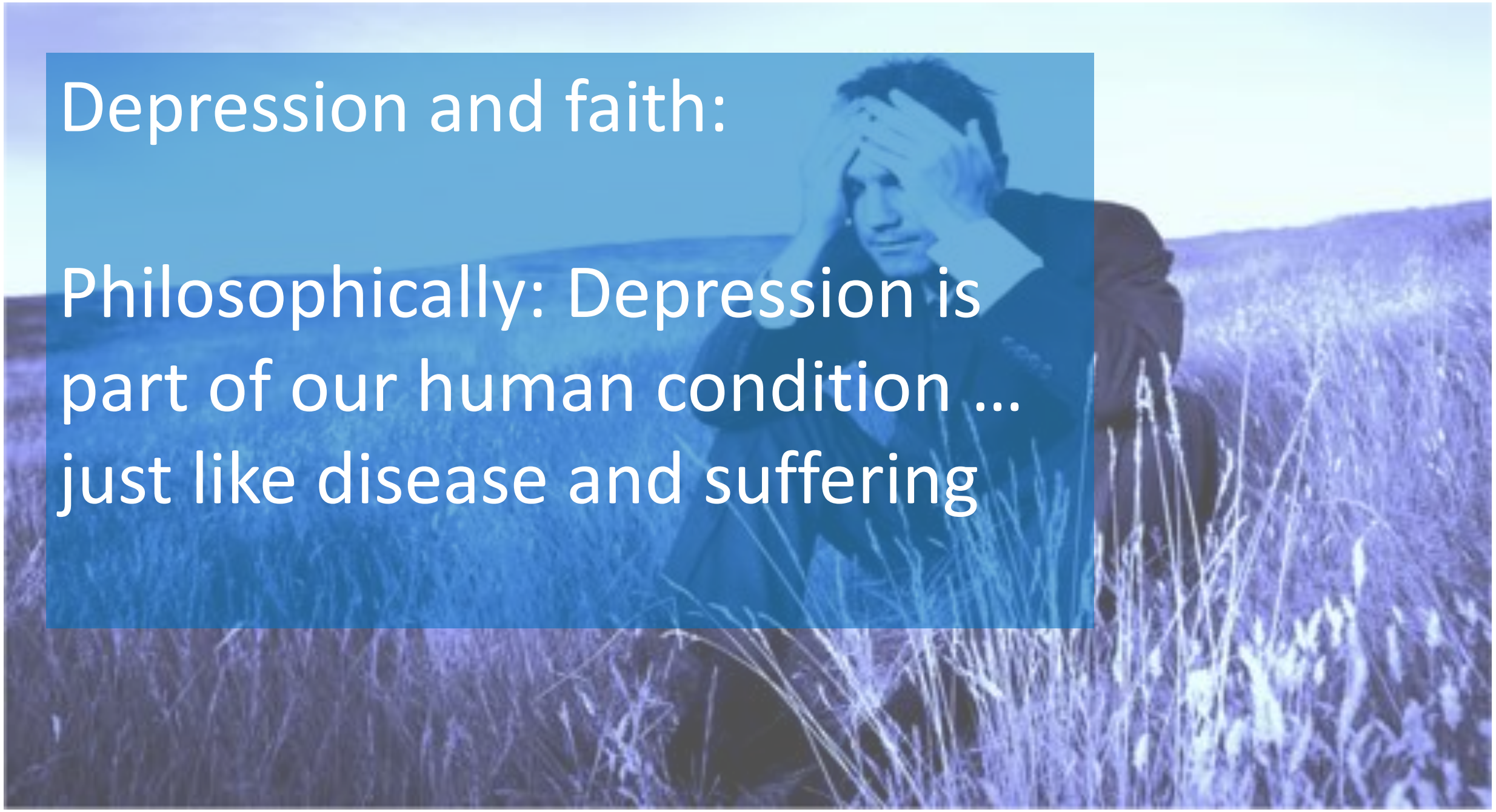


Busting Depression Myths 1:

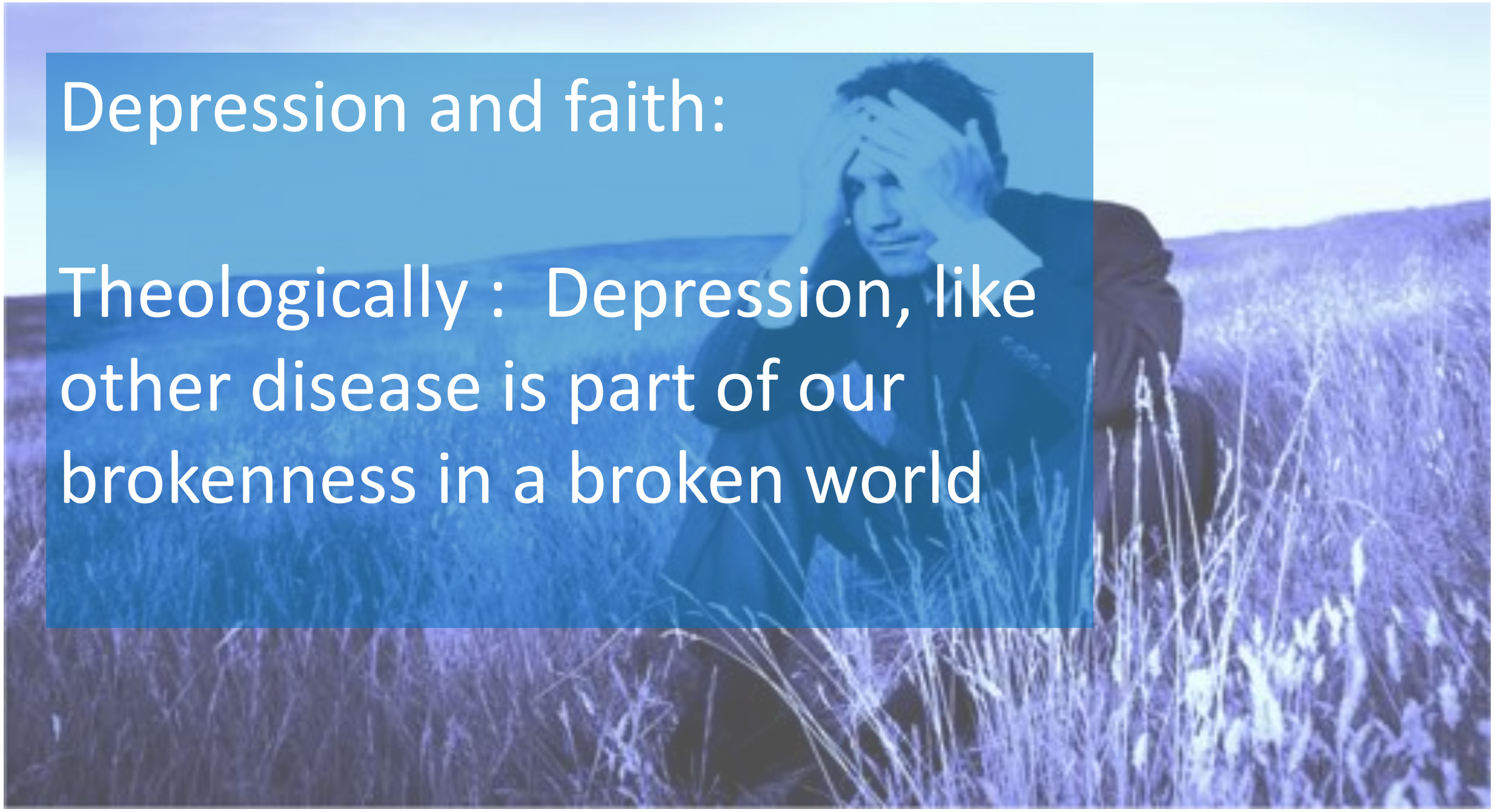
"If you have depression you don't have enough faith……."

Depression and faith:
• Philosophically
• Theologically
• Neurophysiologically
• Genetically



Depression and faith:

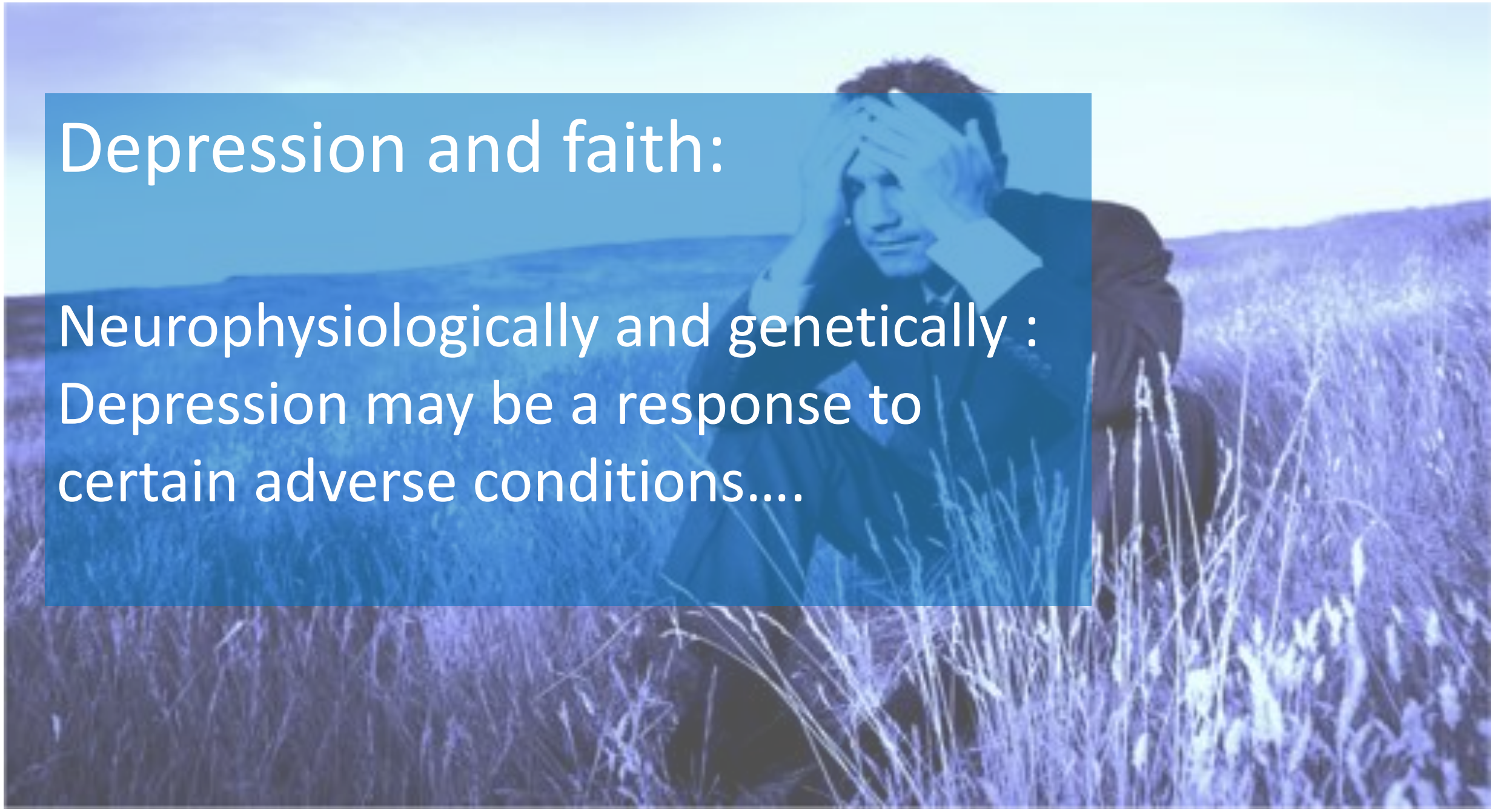
Philosophically: Depression is part of our human condition … just like disease and suffering



Depression and faith:

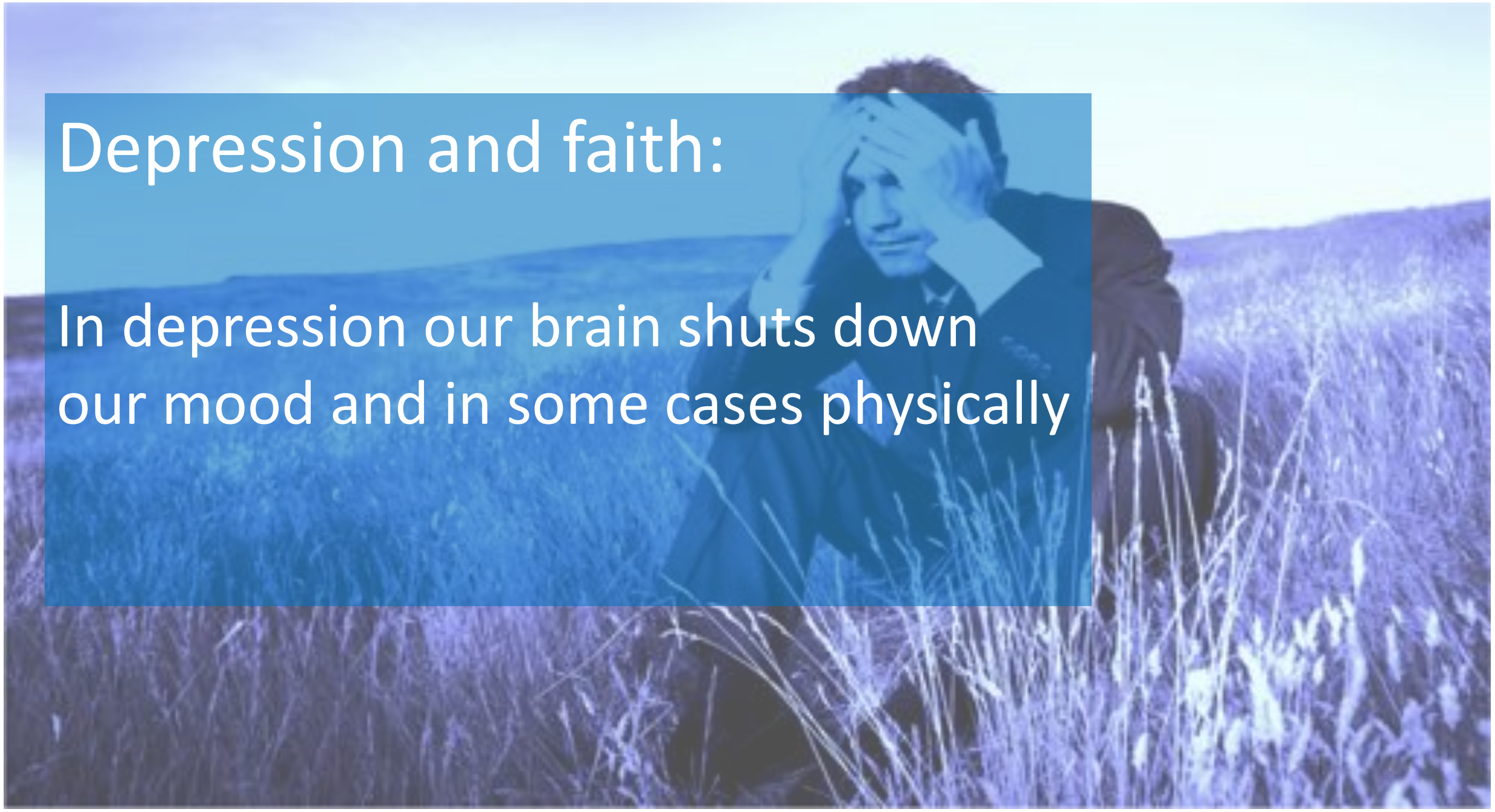
Theologically : Depression, like other disease is part of our brokenness in a broken world

Depression and faith:
Depression is
NOT YOUR FAULT



Depression and faith:

Neurophysiologically and genetically : Depression may be a response to certain adverse conditions….



Depression and faith:

In depression our brain shuts down our mood and in some cases physically

Depression and faith:

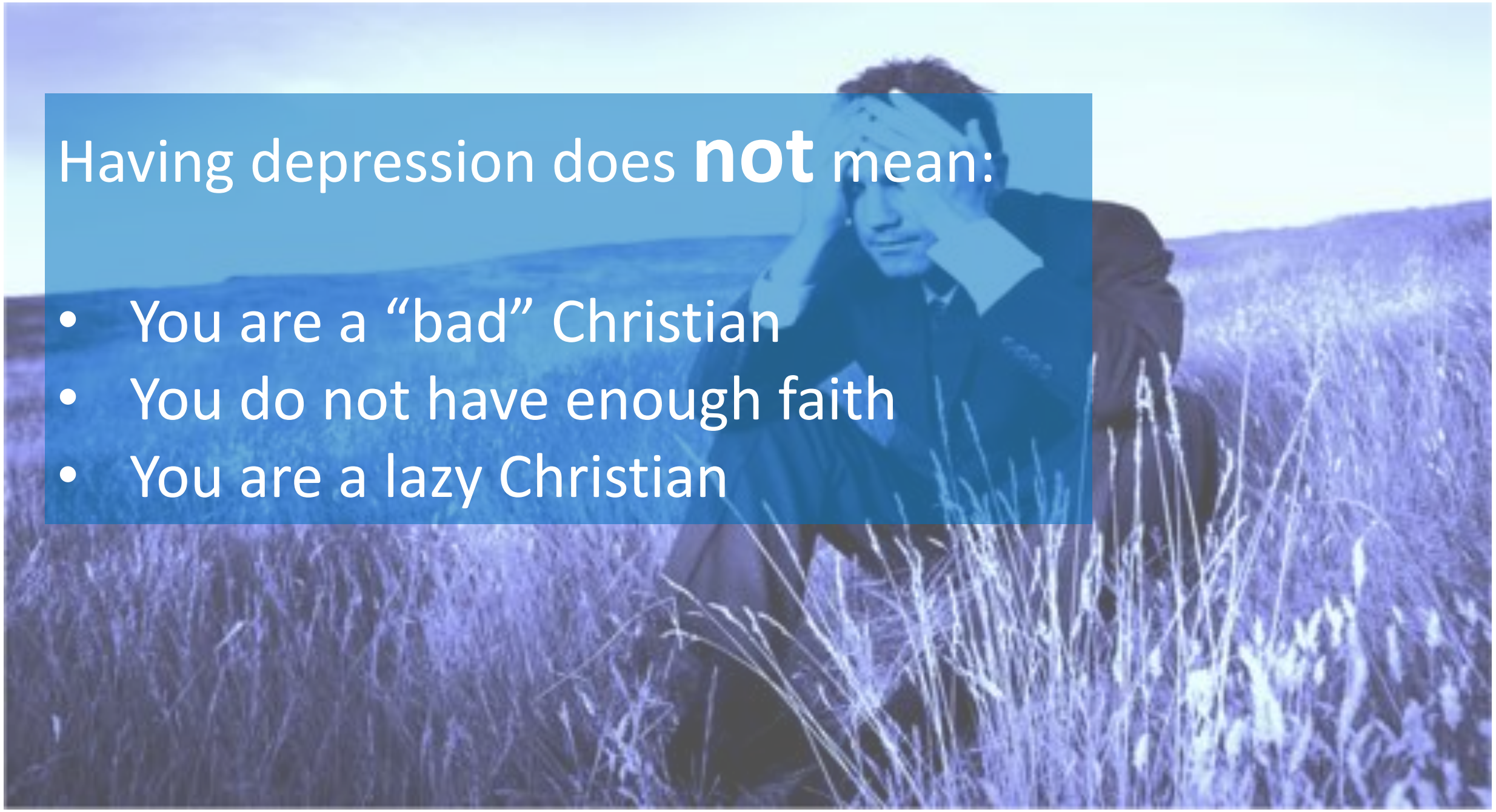
Our environment , namely our experiences and relationships influence the genetic expression of our neural pathways…….ie our brain is not formed due to our genetics alone

Depression and faith:

The most powerful influence in the formation of our neural pathways is the relationships with our caregivers

Depression and faith:

We suspect how our neural pathways are formed influences our susceptibility to depression



Having depression does **not** mean:

- You are a “bad” Christian
- You do not have enough faith
- You are a lazy Christian

What to do :

Seek out fellow Christians who understand depression …..

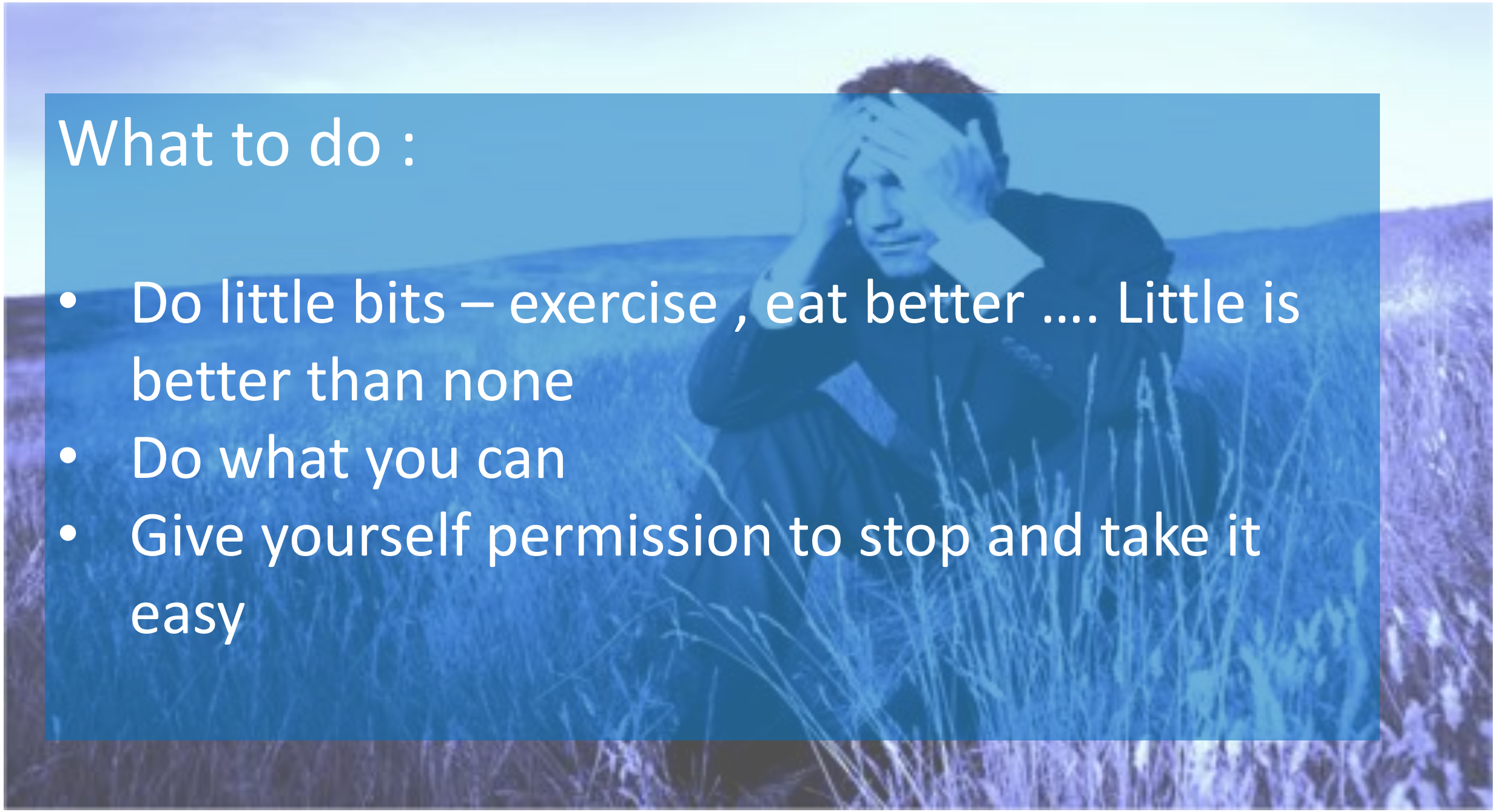
What to do :
Seek help from a counsellor

What to do :

Seek help from your GP , you may need antidepressants

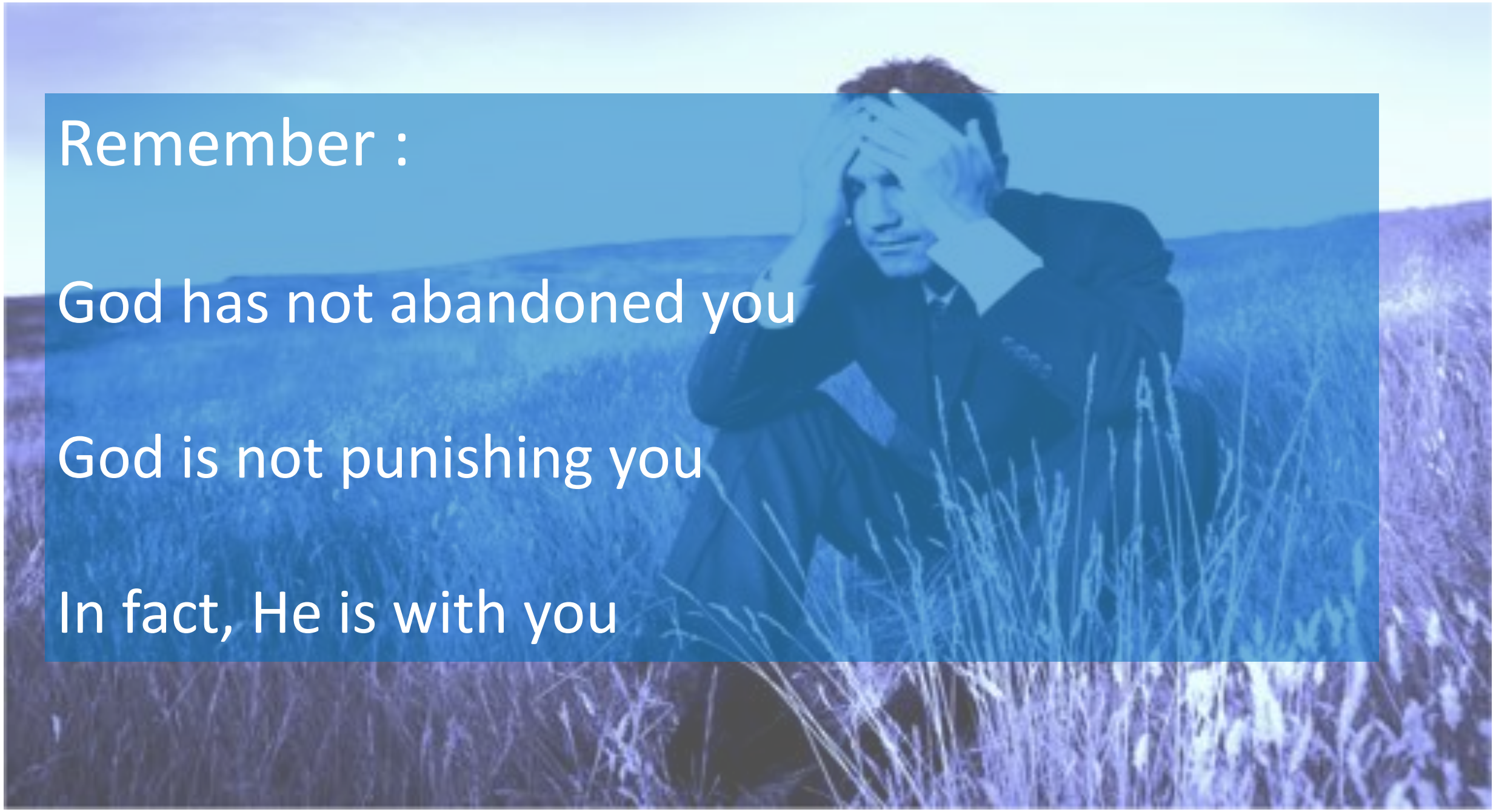
What to do :

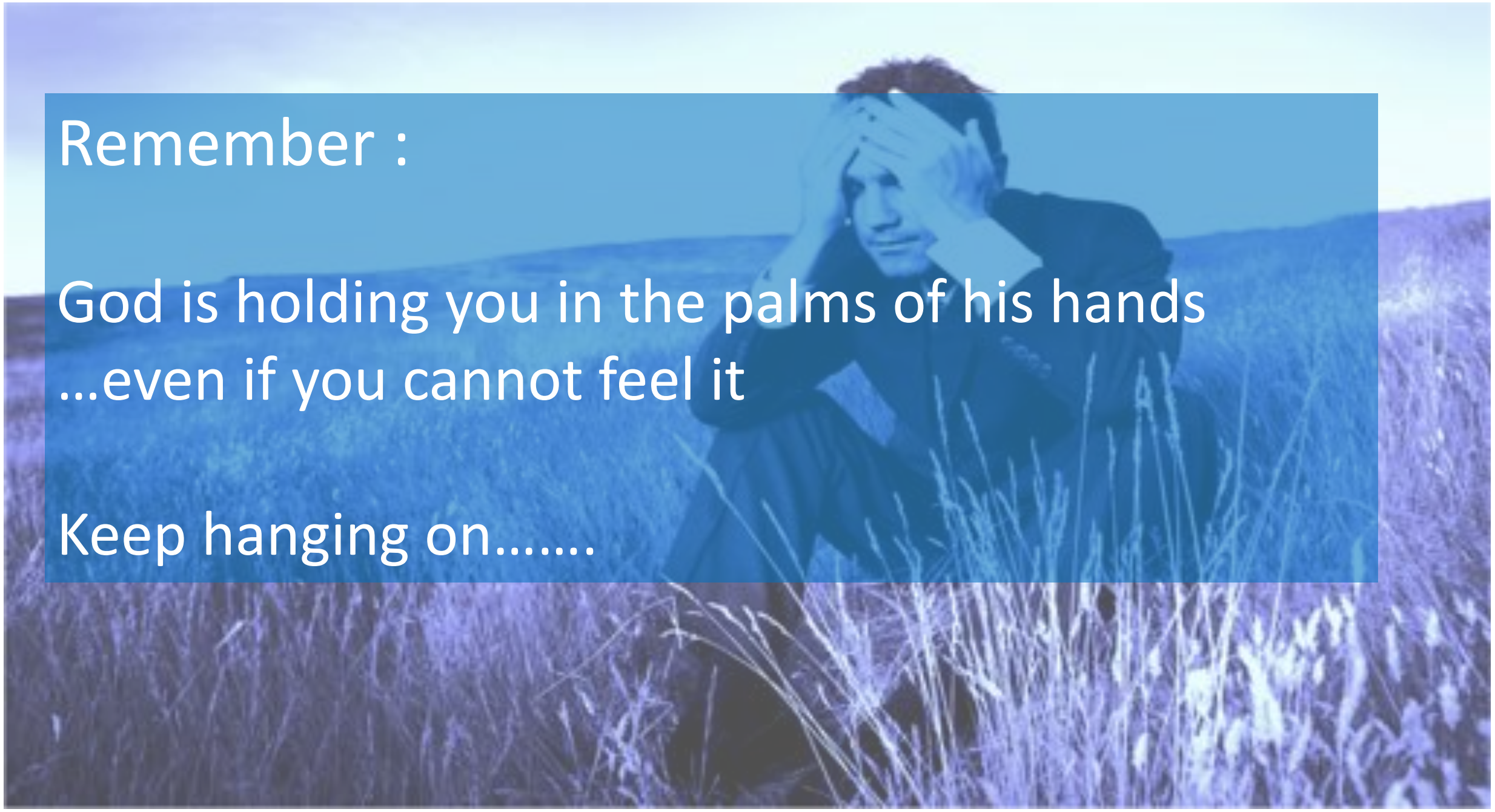
Good self-care - Look after yourself



What to do :

- Do little bits – exercise , eat better …. Little is better than none
- Do what you can
- Give yourself permission to stop and take it easy


Remember :
God has not abandoned you
God is not punishing you
In fact, He is with you



Remember :

God is holding you in the palms of his hands
…even if you cannot feel it

Keep hanging on…….

Causes of depression :
Many different factors may converge that precipitates depression

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