



Video Discussion Guide  
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## Dealing with Depression



Depression is more common than AIDS, cancer and diabetes combined. In this session you will learn to identify the symptoms of depression and discuss some of the myths and misconceptions that surround it.

**Pastor Phil Koelpin**

2016 Conference Topic  
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### Things My Parents Taught Me

Play DWD Part 4

4

- 1 Feelings aren't facts – Jeremiah 17:9
  - 2 Move your muscles – 1 Timothy 4:8
  - 3 The worst will not happen – Jeremiah 29:11
  - 4 You can't control your circumstances in life, but with God's help you can learn to control the way you think about them – Philippians 4:8,9
  - 5 This will pass – Psalm 42:5
  - 6 The Lord will never abandon you – Hebrews 13:5
  - 7 We are forgiven – Psalm 103:11,12
  - 8 God's help does not depend on the strength of your faith – Isaiah 42:3
  - 9 Our Savior will bring good out of it – Romans 8:28
- Which of the above truths do you find most comforting and why?
  - **AGREE or DISAGREE:** The truths stated above could be applied to virtually any trying time in life.
  - **AGREE or DISAGREE:** Every Christian knows the truths stated above.

### Discussion Questions

Play DWD Part 5

5

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## The Incidence of Depression

### Play DWD Part 1

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- **AGREE or DISAGREE:** There has been a “conspiracy of silence” in the church about depression among people of faith.
- Why is depression often more difficult for Christians?
- If there should be no shame in needing medication in order to recover from, or just to live with depression, why do you think so many believers feel guilty or inadequate because they need this help? Why do some even hide their illness from others?



## Depression Myths and Misconceptions

### Play DWD Part 2

2

1. You're depressed because you want to be depressed.
2. You can beat depression with willpower.
3. You're depressed because of unconfessed sins.
4. If you're depressed, you're just feeling sorry for yourself.
5. Depressed believers have weak faith.
6. It's easy to tell when you are depressed.
7. Depression is just another word for grief.
8. Christians will be understanding and supportive.
9. Depression is a waste of time.
10. Depression arises from repressed anger.



3

## Depression Myths and Misconceptions-continued

- Are there any of the myths and misconceptions with which you would disagree?
- Of the myths and misconceptions listed above, which have you been most likely to accept in the past?
- Which myth or misconception did you find the most surprising?

### NOTES:

## Finding Help

### Play DWD Part 3

- **AGREE or DISAGREE:** All pastors are able to counsel someone who is dealing with depression.
- Why is it so important for any person dealing with depression to be into the Word?
- What would you say to a depressed person who says, “I have difficulty praying right now”?

### NOTES: