

# Faith and Depression

Depression does not discriminate. It afflicts men and women, believers and unbelievers alike. Many describe it as a feeling of heavy or even oppressive darkness that weighs down everyday life. Yet even in the worst throes of depression, we can find our experience reflected in scripture. Whether we experience depression ourselves or we long to offer comfort to a friend or family member living with depression, scripture offers us models for supporting and encouraging faith when all hope seems lost.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is depression? How do you define depression?
- Do you know anyone living with depression? How does it affect daily life?



**LISTEN TO THE EPISODE:** [Faith and Depression](#)

**READ** [Psalm 88](#), [Psalm 42](#), [John 16:33](#)

**REFLECTION** After listening, consider the following questions:

- Reflecting on [Psalm 88:18](#), Dr. Chuck DeGroat says, “What a powerful line. You know, there are those moments where we hear someone say: It is just so dark; and we want to lift them out immediately; and maybe this psalm gives us permission to let them stay in that tension.” Why do you think we tend to want to lift people out of depression immediately?
- At the end of segment 1, host Scott Hoezee makes it clear that depression is not at odds with faith when he says, “These psalms of lament are in the Bible for lots of reasons, not the least of which is to say you can be a believer. You believe in God, you are a faithful person, and you can still feel this way. People of faith talk this way...pray this way.” In what ways do you think our churches could better reflect this truth?
- In segment 2, Chuck paraphrases this quote from Augustine’s *Confessions*: “You have made us for yourself, O Lord, and our hearts are restless until they rest in You.” Reflect on this observation about human longing and consider, is it true in your life? Why or why not?
- Whether experiencing depression or comforting a loved one, where might we see God with us *in the midst* of depression? What practices might help us identify God’s presence with us, helping us see and giving us assurance of God’s presence even in the darker moments?

**RELATED PASSAGES** for further study

[Matthew 5:1-12](#), [Revelation 6:9-10](#), [Philippians 1:12-26](#), [Philippians 4:4-7](#), [Job 2:11-13](#), [Matthew 25:31-46](#), [Psalm 143:7-8](#), [Psalm 34:18](#)

## CONCLUSION

Consider how these prayers, from *Canyon Road: A Book of Prayer* by Kari Kristina Reeves, might reflect both an honest experience with depression and a strong faith:

Jesus, in your mercy,  
Touch my heart.

Father, in your mercy,  
Relieve my load.

Spirit, in your mercy,  
Renew my mind.

Almighty God—have mercy on me,  
For the sake of your merciful name,  
Pour out your love,

And glorify Jesus,  
Amen.

*Healing Prayer, p. 92*

I trust that you are good  
When I can't see your mercy.

I trust that you are loving  
When I can't feel your presence.

I trust that you will save me  
When I can't hear your voice.

Uphold me, God,  
When I cannot reach out to you.

When I can't hold you, hold me.

*Healing Prayer, p. 97*

