

Spiritual Depression: Its Causes and Cures by Dr. Martin Lloyd-Jones  
Chapter 4: Mind, Heart, and Will

Romans 6:17

**Rom 6:17 NKJV** But God be thanked that *though* you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered.

Lloyd-Jones speaking of spiritual depression, "... we must be impressed by the fact that the forms which this particular condition may take seem to be almost endless. It comes in such different forms and guises that some people stumble at that very fact. They are amazed that there can be so many symptoms of manifestations of this one disease, this spiritual condition; and, of course, their ignorance of the problem in and of itself may lead to the very condition we are considering."

1. According to p. 51, what contributes to the fact that spiritual depression comes in many shapes and forms?
2. According to the bottom of p. 52, what is a common cause of spiritual depression?
3. In regards to the verse being considered in this chapter, Lloyd-Jones first deals with the phrase, "that form of doctrine," which was delivered to you. In what respects can "that form of doctrine," be the key to any depression we may experience?
4. The chapter is one that stresses balance in the Christian life. What are two other facets that can lead to imbalance? Provide an example for each type.
5. What is the overarching rule that is given at the end of this chapter that helps us insure that we will maintain the balance needed to preserve our peaceful walk with the Lord?