

Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones
Chapter 5: That One Sin
I Timothy 1:16

Summary of the previous 4 chapter's review:

1. General Consideration: What are the general causes of depression:

- 1) t_____ 2) ph_____ c_____s
- 3) reac_____ to gr_____ bl_____ [or tr_____]
- 4) the a_____ 5) u_____

2. The True Foundation: J_____ by to build up our minds in the Lord Jesus so that our hearts and wills may then follow Him properly.

Chapter 5: That One Sin

1Ti 1:16 Yet for this reason I found mercy, so that in me as the foremost, Jesus Christ might demonstrate His perfect patience as an example for those who would believe in Him for eternal life.

Lloyd-Jones – “If anyone reading my words is in trouble, let me say this: The fact that you are unhappy or troubled is no indication that you are not a Christian; indeed, I would go further and say that if you have never had any trouble in your Christian life I should very much doubt whether you are a Christian at all.”

(Joh 16:33 NKJV) These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

1. According to James 1, what are we particularly commanded to do in trials?

Lloyd-Jones – “In this chapter, we are going to consider one very common way in which the devil attacks along this line.... The problem here is the case of those who are miserable Christians or who are suffering from spiritual depression because of their past –either because of some particular sin in their past, or because of the particular form which sin happened to take in their case. I would say that in my experience in the ministry, extending now over many years, there is no more common difficulty.”

2. What are the two main causes of depression in the area of a particular sin or set of circumstances surrounding it?

1) _____

2) _____

3. How could it be that a Christian might need to “stop praying” about this particular sin and get to “thinking?”

4. Lloyd-Jones gives 6 areas in which we need to “think” about in this battle of depression. What are they?

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

5. Reread how Lloyd-Jones sums up his arguments on p. 75. Apply this to your plaguing sin. Finally he says, “If you look at your past and are depressed, you are

_____.”

Apply the six directives in this chapter over and over in battling crippling and debilitating depression throughout the day. As you consider Christ and His work for you yet more and more, you will find your “clouds” lifting away.