

**Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones**  
**Chapter 15: Discipline**  
**2 Peter 1:5-7**

**2Pe 1:5-7 NKJV** But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, (6) to knowledge self-control, to self-control perseverance, to perseverance godliness, (7) to godliness brotherly kindness, and to brotherly kindness love.

Lloyd-Jones – “There is a false idea of a Christian held up by many as of a man who is always walking on the mountain top, and there are some who think that if one is not always there, one is not a Christian at all. That is a thoroughly unscriptural view to take of the Christian man.” In this lesson, Dr. Lloyd-Jones will show that our depression may be due to a lack of Christian discipline.

Review of last week’s lesson on how we can be depressed through weariness in well doing.

Lloyd-Jones points out that false teachings either add or detract from sound doctrine. We know that in Galatians false teachers sought to add to the body of sound doctrine.

Christians can grow weary in well doing for a number of reasons. Some of this weariness can stem from the following: (1) the “new and exciting” wears off, (2) other trials come in, (3) we can become physically run down. These and other situations can become points at which our flesh and the enemy press us and we become weary.

We are to overcome such weariness through saying no to three things, (1) giving up, (2) just doing our duty with no heart in it, (3) artificial stimulants.

Positively speaking we are to apply 4 principles:

- 1) We are to examine ourselves to insure we are doing we should be doing and what we should be doing we should be working with His strength. We are to understand the phases of life that we all travel through and understand how God’s grace applies to us in our youthful vigor, or middle age doldrums, or our need of patience in old age.
- 2) We must also remind ourselves that this life with Christ is a privileged life of doing what He commands, that it is a life of “well doing.”
- 3) We must see our lives in the context of eternity for “in due season we shall reap if we faint not.”
- 4) We are to consider our Master in how patient He worked and all that He endured.

Today’s Lesson: Discipline

1. Causes of depression

According to the passage, name three things that happen to those who do not apply themselves to the commands of this passage?

Name four reasons for why a Christian may find themselves in the dilemma described by 2 Peter 1:9?

2. According to Lloyd-Jones, what was one of the main characteristic in the life of the great saints of old?

3. Having faith alone is all that is required for justification, but not in order for our sanctification. The following must be added to our faith if we are to be kept from stumbling:

Virtue – translated moral excellence in the NASB; Vincent says that this is that vigor and holy energy that should enliven our faith; Gill – “the sense is, that as it is the basis and foundation of all good works, it should not stand alone, there ought to be virtue, or good works along with it, by which it may be perfected, not essentially, but evidentially, or might appear to be true and genuine”; Jameson, Faucett, and Brown (JFB) – “moral excellency; manly, strenuous energy, answering to the virtue (energetic excellency) of God”; Henry – “by *virtue* here we may understand *strength* and *courage*, without which the believer cannot stand up for good works, by abounding and excelling in them. “

Regarding the seven further grace, consider the following is taken from JFB as quoted from e-Sword ([www.e-sword.net](http://www.e-sword.net)):

**2Pe 1:5 And beside this**--rather, "And for this very reason," namely, "seeing that His divine power hath given unto us all things that pertain to life and godliness" ([2Pe 1:3](#)).

**giving**--literally, "introducing," side by side with God's gift, on your part "diligence." Compare an instance, [2Pe 1:10](#); [2Pe 3:14](#); [2Co 7:11](#).

**all**--all possible.

**add**--literally, "minister additionally," or, abundantly (compare Greek, [2Co 9:10](#)); said properly of the one who supplied all the equipments of a chorus. So accordingly, "there will be ministered abundantly unto you an entrance into the everlasting kingdom of our Saviour" ([2Pe 1:11](#)).

**to**--Greek, "in"; "in the possession of your faith, minister virtue. Their faith (answering to "knowledge of Him," [2Pe 1:3](#)) is presupposed as the gift of God ([2Pe 1:3](#); [Eph 2:8](#)), and is not required to be ministered by us; in its exercise, virtue is to be, moreover, ministered. Each grace being assumed, becomes the stepping stone to the succeeding grace: and the latter in turn qualifies and completes the former. Faith leads the band; love brings up the rear [BENGEL]. The fruits of faith specified are seven, the perfect number.

**virtue**--moral excellency; manly, strenuous energy, answering to the virtue (energetic excellency) of God.

**and to**--Greek, "in"; "and in (the exercise of) your virtue knowledge," namely, practical discrimination of good and evil; intelligent appreciation of what is the will of God in each detail of practice.

**2Pe 1:6** Greek, "And in your knowledge self-control." In the exercise of Christian knowledge or discernment of God's will, let there be the practical fruit of self-control as to one's lusts and passions. Incontinence weakens the mind; continence, or self-control, moves weakness and imparts strength And in your self-control patient endurance" amidst sufferings, so much dwelt on in the First Epistle, second, third, and fourth chapters. "And in your patient endurance godliness"; it is not to be mere stoical endurance, but united to [and flowing from] God-trusting [ALFORD].

**2Pe 1:7** "And in your godliness brotherly kindness"; not suffering your godliness to be moroseness, nor a sullen solitary habit of life, but kind, generous, and courteous [ALFORD]. Your natural affection and brotherly kindness are to be sanctified by godliness. "And in your brotherly kindness love," namely, to all men, even to enemies, in thought, word, and deed. From brotherly kindness we are to go forward to love. Compare [1Th 3:12](#), "Love one toward another (brotherly kindness), and toward all men (charity)." So charity completes the choir of graces in [Col 3:14](#). In a retrograde order, he who has love will exercise brotherly kindness; he who has brotherly kindness will feel godliness needful; the godly will mix nothing stoical with his patience; to the patient, temperance is easy; the temperate weighs things well, and so has knowledge; knowledge guards against sudden impulse carrying away its virtue [BENGEL].

4. What blessings follow the one who is diligent in adding these things to faith?
5. What does Lloyd-Jones point to as the foundation for our being able to do what is being commanded?