

Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones
Chapter 21: The Final Cure
Philippians 4:13

Php 4:13 NKJV I can do all things through Christ who strengthens me.

Review of last week's lesson entitled "Learning to be Content"

Lloyd-Jones defines Christian contentment as a type of self-sufficiency. I think that we might best call this a "God-sufficiency." That is, we are to find all of our comfort and contentment in the Lord Himself. We therefore, do not find our contentment in persons or places or providences. We as must learn both how to be abased and how to abound. We are to learn that the Lord is sufficient for us in any condition of life. Having Him we have all. This is not a hardened teeth-gritting acceptance of our lot in life, but a holy submission to His will in thankfulness and praise. Never would we rejoice in our sin, but we are to learn that we have a Savior who more than meets all of our needs at all times. Yes, He does use people to bless us, but we are not ultimately dependent upon them for our contentment.

Chapter 21: The Final Cure

Lloyd-Jones – "We should always keep an eye on the postscripts of this apostle. You never know when he is going to throw in a gem. Anywhere, everywhere, in the introduction to his letters, in the postscripts to his letters, there is generally some amazing insight into the Truth or some profound revelation of doctrine..."

He sounds at first as if he were boasting, and yet when you look at his statement again you will find that it is one of the most glorious and striking tributes that he has ever paid anywhere to his Lord and Master."

1. **The 1998 Young's Literal Translation of Phil 4:13 says**, For all things I have strength, in Christ's strengthening me. What is Lloyd-Jones translation of the same text?

2. From page 291, finish the sentence, "In other words he is telling us that _____."
_____."

3. According to Lloyd-Jones, what is a cardinal New Testament doctrine?

4. Copy the words of two passages previously stated in Philippians which emphasize this cardinal doctrine?

5. Where is this doctrine found in elsewhere in Paul's books and also in the statements of our Lord?
6. How does the New Testament teaching contrast with stoicism or the doctrine of the Indian ascetics?
7. Lloyd-Jones says that there are many people who spend their whole lives in trying to obtain the power spoken of in the New Testament and yet they never seem to have it. In his diagnosis, what do they not understand that keeps them in this condition?
8. Name two basic confusions that we can have regarding the word "I" in the passage we are considering in this lesson.
9. According to Lloyd-Jones, what are two ways we can employ to receive this "power which Paul tells us was being infused into him?"
10. What medical illustration does Lloyd-Jones apply to describing the essence of Paul's claim?
11. After covering this entire book, name two principles that have helped you most?
12. Finally in closing, never think that the Lord does not know the depth of your depressions. He is the one who experienced the greatest separation from God and we know this because He said, "My God, my God, why have you forsaken me?" There is no depth of depression that you may have that is not swallowed up by the depth of depression that He bore for you on the cross. He was pierced for all your sins and your sorrows. He is risen and is interceding for you.

Isa 53:3-5 KJV He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were *our* faces from him; he was despised, and we esteemed him not. (4) Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. (5) But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him; and with his stripes we are healed.