

## A Review of the Highlights of *Spiritual Depression: Its Causes and Cure* by Dr. D. Martin Lloyd-Jones

Ch. #	Chapter Title	Text	An Overview of Lesson Highlights From <u>Spiritual Depression</u>
1	General Consideration	Psa 42:5 NKJV Why are you cast down, O my soul? And <i>why</i> are you disquieted within me? Hope in God, for I shall yet praise Him <i>For</i> the help of His countenance. See also Ps 42:11	I. Five causes of depression: 1) temperament 2) physical conditions 3) reactions to great blessing <i>or great trial</i> 4) the adversary 5) unbelief II. <b>We need to be preaching to ourselves these things instead of listening to ourselves.</b>
2	The True Foundation	Rom 3:28 NKJV Therefore we conclude that a man is justified by faith apart from the deeds of the law.	“Would you like to be rid of this spiritual depression? The first thing you have to do is to say farewell now once and forever to your past. Realize that it has been covered and blotted out in Christ. Never look back at your sins again. Say, ‘It is finished, it is covered by the Blood of Christ’. That is your first step. Take that and finish with yourself and all this talk about goodness, and look to the Lord Jesus Christ. It is only then that true happiness and joy are possible for you. What you need is not to make resolutions to live a better life, and start fasting and sweating and praying. No! you just begin to say: ‘I rest my faith on Him alone Who died for my transgressions to atone.’ Take that first step and you will find that immediately you will begin to experience a joy and a release that you have never known in your life before. ‘Therefore we conclude that a man is justified by faith without the deeds of the Law.’ <i>The true foundation is justification by faith in Christ.</i>
3	Men as Trees, Walking	Mar 8:22-26 NKJV Then He came to Bethsaida; and they brought a blind man to Him, and begged Him to touch him. (23) So He took the blind man by the hand and led him out of the town. And when He had spit on his eyes and put His hands on him, He asked him if he saw anything. (24) And he looked up and said, "I see men like trees, walking." (25) Then He put <i>His</i> hands on his eyes again and made him look up. And he was restored and saw everyone clearly. (26) Then He sent him away to his house, saying, "Neither go into the town, nor tell anyone in the town."	<ul style="list-style-type: none"> <li>• When we are confused about the Lord and His work, we are more susceptible to depressions.</li> <li>• Only clear sight of the Lord Jesus, His work, and His promises will dispel our darkness.</li> </ul>
4	Mind, Heart and Will	Rom 6:17 NKJV But God be thanked that <i>though</i> you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered.	<ul style="list-style-type: none"> <li>• We can open ourselves to spiritual depressions when we do not take into consideration the whole of man: the mind, the heart, and the will.</li> <li>• The heart and the will are only to be approached through the mind, that part of us which is most tied to the image of God.</li> </ul>
5	That One Sin	1Ti 1:16 NKJV However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life.	Lloyd-Jones states six things that will help us overcome our horrific past: 1) If Paul was forgiven, I can be forgiven. 2) Given all the gradations of sin, it all comes down to unbelief. 3) We must really believe the Scriptures. 4) We must realize fully what the Lord Jesus did for us on Calvary's hill. 5) We must be clear about our justification in Christ. 6) We must not fail to realize our union with Christ.

6	Vain Regrets	1Co 15:8-10 NKJV Then last of all He was seen by me also, as by one born out of due time. (9) For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God. (10) But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God <i>which was</i> with me.	<p>“So, looking at things superficially, the man of the world comes to the conclusion that you find happier people outside the Church than inside the Church. He is quite wrong, of course, but we must recognize that some of us at any rate have to plead guilty to the charge, that far too often because we suffer from spiritual depression, and are more or less miserable Christians, we grossly and grievously misrepresent the gospel of Redeeming Grace.”</p> <p>“If you bemoan a wasted past, make up for it in the present, give yourself entirely to living at this present moment.”</p> <p>“...remember what is perhaps one of the most comforting and wonderful things that is found anywhere in the Scripture...<b>Joel 2:25</b> <b>And I will restore to you the years that the locust hath eaten, ...</b>”</p>
7	Fear of the Future	2Ti 1:7 NKJV For God has not given us a spirit of fear, but of power and of love and of a sound mind.	<ul style="list-style-type: none"> <li>• If the adversary cannot foil us with our past by having us ruminate over our sins, or by casting us down with the burden of vain regrets, he will seek to turn our eyes away from our current blessings in Christ and supplant them with a repressing fear of the future.</li> <li>• “...the right antidote for the spirit of fear – self-control, discipline, a balanced mind.”</li> </ul>
8	Feelings	2Ti 1:6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.	<ul style="list-style-type: none"> <li>• We cannot let our feelings rule us.</li> <li>• Make sure “that there is no obvious cause for the absence of joyous feeling” such as some protected sin.</li> <li>• Instead of seeking a feeling, seek the Lord Jesus Christ Himself.</li> </ul>
9	Labourers in the Vineyard	Matthew 20:1-16 particularly - Mat 20:12 NKJV saying, "These last <i>men</i> have worked <i>only</i> one hour, and you made them equal to us who have borne the burden and the heat of the day.'	<ul style="list-style-type: none"> <li>• “The point about these people is that they started in the right way and then got into trouble later on. How often does that happen! ...”</li> <li>• Do not let your left hand know what your right hand is doing.</li> <li>• Remember that all of life is all of grace through our Lord Jesus.</li> </ul>
10	Where is Your Faith?	Luke 8:22-25 particularly - (24) <b>And they came to Him and awoke Him, saying, "Master, Master, we are perishing!"</b> Then He arose and rebuked the wind and the raging of the water. And they ceased, and there was a calm. (25) But He said to them, "Where is your faith?" And they were afraid, and marveled, saying to one another, "Who can this be? For He commands even the winds and water, and they obey Him!"	<p>“I do not care what the circumstances may be, the Christian should never be agitated, the Christian should never be beside himself like this, the Christian should never be at his wit’s end, the Christian should never be in a condition in which he has lost control of himself.”</p> <p>When God allows trials, faith does not act automatically, but must be exercised on the part of the saint. Faith quiets unbelief and remembers that the Lord is good and has good designs in all our trials to conform us to the image of His dear Son.</p>
11	Looking at the Waves	Matthew 14:22-33 particularly- Mat 14:30-31 NKJV But when he saw that the wind <i>was</i> boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" (31) And immediately Jesus stretched out <i>His</i> hand and caught him, and said to him, "O you of little faith, why did you doubt?"	<ul style="list-style-type: none"> <li>• The difference between this storm and the one in chapter 10 is that the previous one came up suddenly. In the present chapter, the Lord Jesus was in the storm walking on the water and the storm of unbelief arose in Peter after he had begun walking on the water with the Lord Jesus.</li> <li>• We are capable of creating our own doubts. “...weak faith...comes back again to questions which it has already solved and answered.”</li> </ul>

11 cont.	Looking at the Waves cont.		<ul style="list-style-type: none"> <li>Weak faith is overcome by an increasing knowledge of the Lord Jesus.</li> <li>“We can only conquer our doubts by looking steadily at Him and by not looking at them.”</li> </ul>
12	The Spirit of Bondage	<b>Rom 8:15-17</b> For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." (16) The Spirit Himself bears witness with our spirit that we are children of God, (17) and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with <i>Him</i> , that we may also be glorified together.	<p>We cannot put ourselves under a slavish law-relationship with the Lord, a state which leads us to a fear of ourselves and a fear of failure.</p> <p>Instead, we must remember that the Spirit dwells within us.</p> <p>“We must look to Him, we must seek His aid, we must rely upon Him... He is empowering us.” He reminds us that we are sons and not slaves, sons who are joint-heirs with Christ.</p>
13	False Teaching	<b>Gal 4:15</b> Where is then the blessedness ye spake of? for I bear you record, that, if <i>it had been possible</i> , ye would have plucked out your own eyes, and have given them to me.	<p>The enemy transforms himself into an angel of light and seeks to steal the knowledge of Christ and His gospel from our hearts with false doctrine.</p> <p>We must not add to or detract from the truth as it is Christ Jesus. Beware of false teachings and cleave to the Lord and His truth declared in a proper balance throughout the whole counsel of God.</p>
14	Weary in Well Doing	<b>Gal 6:9</b> And let us not be weary in well doing: for in due season we shall reap, if we faint not.	<ul style="list-style-type: none"> <li>The adversary is very subtle and he wants to discourage us in any way that he can.</li> <li>We can become weary when the “new and exciting wears off,” or we are overcome with trials, or we are over tired.</li> <li>In overcoming this weariness, we must remember 1) that there are phases in life 2) that this life is a life of “well-doing” 3) that “in due season we shall reap if we faint not” 4) that our Lord was patient in all especially in going to the cross for us.</li> </ul>
15	Discipline	<b>2Pe 1:5-7 NKJV</b> 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.	<p>We are to examine ourselves and turn from all laziness and sin.</p> <p>Having faith alone is all that is required for our justification, but not in order for our sanctification. Many Christian virtues must be added to our faith if we are to be kept from stumbling.</p> <p>We are to diligently apply ourselves to the life the Lord has provided for us in Him. Ask Him to forgive you of your weariness. Look to Him who never grew weary in well doing, but went to the cross for us and rose again on our behalf.</p>
16	Trials	<b>1Pe 1:3-7</b> particularly - (6) In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, (7) that the genuineness of your faith, <i>being</i> much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,	<p>The Lord designs trials in our lives for many reasons. 1) He may be chastening us to turn us from sin and instruct us in His holiness; 2) He may be preparing us for greater service; 3) He may be preparing us to endure greater trials; 4) He ultimately is designing them to increase our faith and dependence upon Him; 5) He ultimately is showing the genuineness of our faith; 6) He is going to be glorified in His second-coming through our faith.</p>

17	Chastening	Hebrews 12:5-11 particularly - Heb 12:5-7 NKJV And you have forgotten the exhortation which speaks to you as to sons: "MY SON, DO NOT DESPISE THE CHASTENING OF THE LORD, NOR BE DISCOURAGED WHEN YOU ARE REBUKED BY HIM; (6) FOR WHOM THE LORD LOVES HE CHASTENS, AND SCOURGES EVERY SON WHOM HE RECEIVES." (7) If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?	<ul style="list-style-type: none"> <li>• The Lord uses various methods for our sanctification and we can become depressed if we do realize this.</li> <li>• The Lord can chastise us through 1) the loss of material possessions 2) our health 3) persecution 4) death 5) a withdrawal of His sensible presence.</li> <li>• We must not fail to realize that He only chastens His children and that they should not despise His chastening or become weary of it.</li> <li>• The Lord has holy designs to make us like His Son and if we submit ourselves to His chastening, we will profit from it and be made partakers of His holiness.</li> </ul>
18	In God's Gymnasium	Hebrew 12:5-11 particularly - Heb 12:11 NKJV Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.	The Lord is directing us to exercise ourselves in His holy living. We can have hands which can hang down and we can have feeble knees. The Lord crafts an exercise plan that will strengthen us and teach us to turn from sin unto Himself. Above all we are to be "looking unto Jesus" who endured the cross for us taking all the punishment due our sins so that we may be made His sons.
19	The Peace of God	Php 4:6-7 NASB Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (7) And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.	<ul style="list-style-type: none"> <li>• It is good to exercise wise forethought, but never to engage in anxiety over the situation at hand or a potential situation that has not materialized.</li> <li>• We must know that we need the Lord to keep our hearts for we cannot keep them in and of ourselves.</li> <li>• Pray (worship) first. Second, mingle your requests with thanksgiving and find that the Lord will keep your heart with His peace.</li> </ul>
20	Learning to Be Content	Php 4:10-12 NKJV But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. (11) Not that I speak in regard to need, for I have learned in whatever state I am, to be content: (12) I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.	<ul style="list-style-type: none"> <li>• Paul wanted to thank the Philippians but he wanted them to know that He was trusting in the Lord and not in their gracious gift.</li> <li>• True contentedness is learned when we realize that we are "self-sufficient" in the Lord and not in others, circumstances, or providences.</li> <li>• When the Christian is abased, he must learn not to bear a grudge or complain. When he abounds, he must not forget God.</li> </ul>
21	The Final Cure	Php 4:13 NKJV I can do all things through Christ who strengthens me.	<p>Lloyd-Jones says this verse could be translated, "I am strong for all things in the One (Christ) who constantly infuses strength into me."</p> <p>"In other words he is telling us that Christ is all-sufficient for every circumstance, for every eventuality and for every possibility."</p> <p>There are two of you working. "Not I only, not Christ only, I and Christ, Christ and I, two of us." How comforting is this to remove our depressions.</p>