



Depression: Spiritual Perspective...

What does it mean to be human?

Physical
Relational
Emotional
Action
Cognitive
History
Environment
Spiritual





How does the 'S' connect with our humanity?

What do we do with the S when it comes to depression?

Two Options

1. Spiritual in opposition to being human
 - Spiritual version- to be truly spiritual is to avoid/deny the human.
 - Secular version- to be truly human is to avoid/deny the spiritual.
2. Spiritual as part of being human

What Do I Do With My Depression?

1. Spiritual in Opposition to Being Human

- Spiritual version > avoid/deny being human > get rid of your pill
- Secular version > avoid/deny being spiritual > take your pill

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Why?

Why do I have to choose between them?

Why do I have to negate the fact I am human?

Why do I have to negate the fact I am spiritual?

Why does the spiritual have to be an answer to my depression?

Why can't I take my pill and walk deeply with God?

Why is my spirituality assessed by my mental health?

Spiritual as Part of Being Human: Martin Luther- 1483-1546



- massive impact on Christian faith, public education, and politics
- confession as a monk was lengthy followed by obsessive searching for sins
- flogging to the point of drawing blood
- took on Roman Catholic Church over papal authority, indulgences, grace, etc.
- founder of Protestantism and commitment to all having direct access to God
- open about his depression throughout his life
- his spiritual 'successes' did not cancel out his depression
- times of aloneness, God singling him out for suffering, loss of faith that God is good, and that God is good to me

Letter to a Friend- August 2, 1527

I spent more than a week in death and hell. My entire body was in pain, and I still tremble. Completely abandoned by Christ, I labored under the vacillations and storms of desperation and blasphemy against God. But through the prayers of the saints (his friends), God began to have mercy on me and pulled my soul from the inferno below.

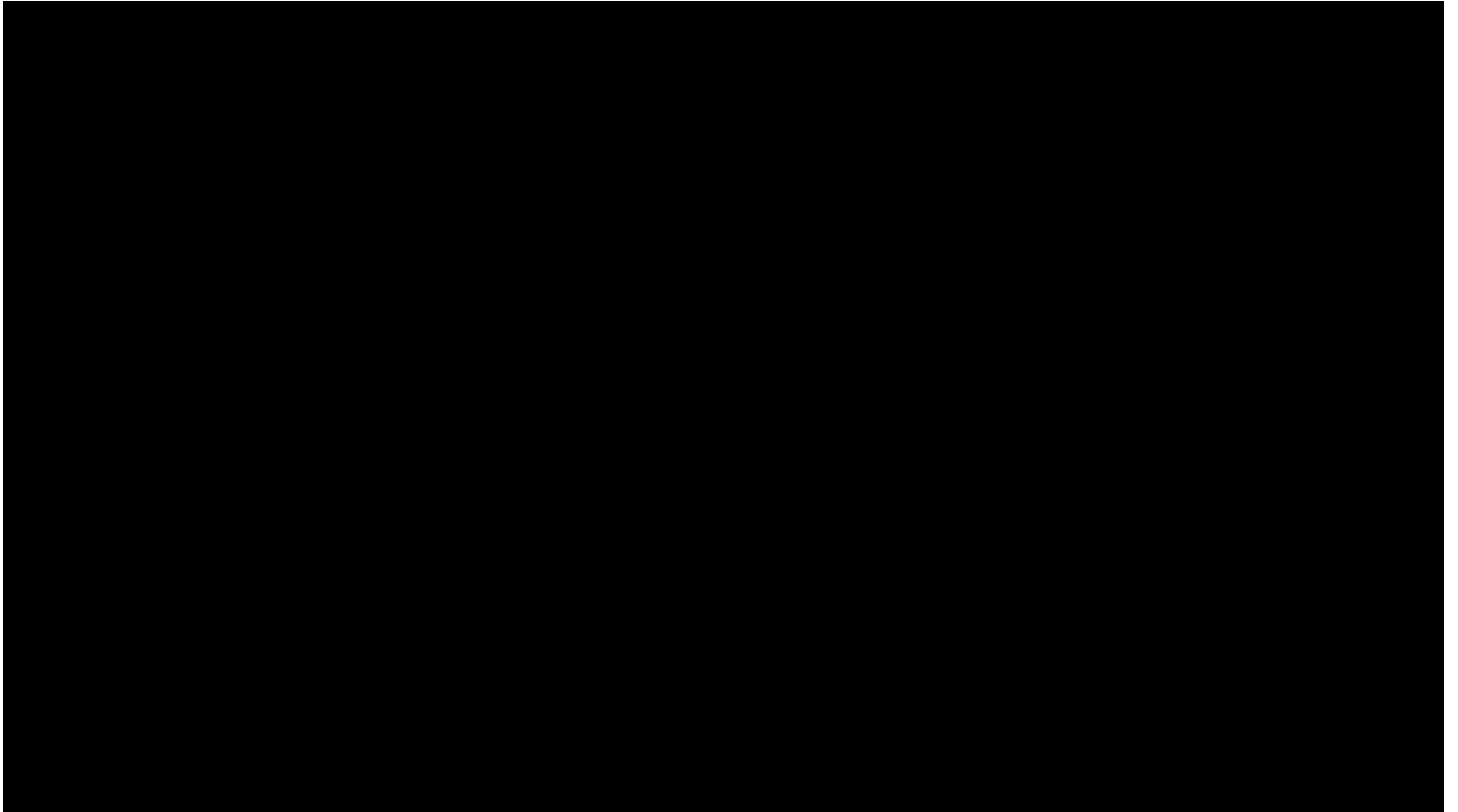
A Mighty Fortress is our God

A mighty fortress is our God,
a bulwark never failing;
our helper he amid the flood
of mortal ills prevailing.
For still our ancient foe
doth seek to work us woe;
his craft and power are great,
and armed with cruel hate,
on earth is not his equal.

Spiritual as Part of Being Human: William Cowper- 1731-1800



- poet and writer
- writer of many hymns that are still being sung
- mother died when he was 6
- maids said she went on a journey and would be back
- struggled with depression his whole life; 4 significant breakdowns
- three suicide attempts
- tried to work as a lawyer > depression; minister > depression
- when he died was in a state of depression
- “The malady that claims most compassion, and receives the least”



Human and Spiritual:

A Real Story with Jan Bryant

May 11, 1993