

# Depression Study

1. What caused the depression of the following individuals?

1 Kings 19:3-14

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Genesis 4:6-7

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Numbers 11:11-14

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2Sam. 12:1-18

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Psa 77:3

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Matt. 26:37-38

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2. Describe the temptation of depression experienced by the following six individuals.

Cain Genesis 4:6-7

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Moses Numbers 11:11-15

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Elijah 1 Kings 19

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David 2Sam. 12:1-17

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Jonah, Jonah 4:3

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Christ Matt. 26:37-38

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3. Describe the time in your personal life when you faced depression. Based on the above examples and causes what do you feel caused your depression?

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4. What are the characteristics of a person facing depression?

Numbers 11:4-11; Psa 38:4

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1 Kings 19:3-4

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1Kings 19:10, 14, 18

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Psa 38:6, 10, 11-12

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Ps. 51:8,12

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Psa 77:3-9

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Jonah 4:1, 4

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Matt. 26:37-38

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5. What are the consequences if depression is not resolved?

Genesis 4:5-7

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Num. 11:14-15

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1 Kings 19:1-18

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Psa 38:6

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Ps. 51:12

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Psa 77:6-9

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Proverbs 17:22

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Jonah 4:3

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6. What are the Bible solutions to the problem of depression?

Genesis 4:5-7; Ps. 51:1-4,8-12

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1 Kings 19:4-7

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1Kings 19:9-10, 21; Matt. 26:37-38

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1Kings 19:15-18

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Numbers 11:10-25

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Ps. 42:5, 77:2, 11-15

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7. Describe a time in which you faced depression. Which of the above solutions would have helped you?

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8. Based on the following passages of Scripture how could you help a friend who is depressed?

Genesis 4:5-7; Ps. 51:10-12

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1Kings 19:5-7

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1 Kings 19:13

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1Kings 19:18, 21

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Phil. 4:8-9

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