

The Many Faces of “Depression”

Depression is used to describe anything from mild “blues” to deep “clinical” depression. It is important to recognize the signs and symptoms of serious depression and how it may be different for men and women and in different cultures, and may take a number of forms. We will compare experiences of depression described by many famous people with the experience of Biblical characters like Moses and Elijah.

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1. Depression – sickness or sin?

2. A Spectrum of depression

3. Signs of Major (clinical) depression

4. Ways in which men and women express depression

5. Polarity of moods

6. Biblical experiences of depression:
 - Lamentations

 - Psalms

 - Job

Elijah

Moses

Jonah

7. Others:

Luther, Cowper, Lincoln, Rossetti, Dickinson,

Baxter, Colquhoun...

Suggested Readings:

When Life Goes Dark: Finding Hope in the Midst of Depression, Richard Winter, IVP 2012

Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism,
Richard Winter, IVP 2005