

Accepting Vulnerability to Depression

Because we live in a broken and fallen world we are all vulnerable to depression. Some have a strong genetic predisposition; some have experienced deep family dysfunction or trauma in their lives, some live in very difficult and depressing circumstances. We will explore psychological, biological and sociological vulnerability.

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1. Causes of and Vulnerability to Depression

A. Psychological

B. Social

C. Biological

2. "The World, the Flesh and the Devil"

A. A fallen world

B. A sinful world

C. The Flesh

i. Sinful nature

ii. Fallen body

iii. The Devil

3. Psychological vulnerability

4. Sociological vulnerability

A. Adverse childhood experiences

5. Biological – genetic influences

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