

WILDERNESS LESSONS # 14

January 17, 2015

Camp # 22 Tahath

Nu 33:26 They journeyed from Makheloth and camped at Tahath.

Definition:

Tahath = Depression; the bottom; below or underneath,

Definition of depression:

1. From Common Care Counseling Handbook; (Terry D. Edwards & William R Kimball)

Depression comes from the word "depressed". Simply stated, it is a feeling of having been pressed low in our spirits. It is a condition of feeling dejection and heaviness in our heart. It has been described as feeling down, feeling blue, or feeling disheartened. It is often a state of desperation which gives a person the feeling of hopelessness. It is a close relative of despair, despondency, and discouragement.

2. From Dictionary of Bible Themes;

Depression - A deep sense of despondency, discouragement and sadness, often linked with a sense of personal powerlessness and a loss of meaning in and enthusiasm for life. Many biblical characters show evidence of such behavior which originates in a number of different ways.

3. From Handbook for Telephone and Personal Ministry; (Alice E. Duncombe)

Depression is the feeling of being trapped in hopelessness. It is characterized by powerlessness, discouragement, gloomy attitudes and sadness. It is the "common cold" of emotional problems. It is serious if it is continuous and if it suppresses normal living.

Greek Words: From The Complete New Testament Word Study Dictionary:

adēmonéō; - To faint, be depressed and almost overwhelmed with sorrow or burden of mind.

Jesus was distressed in the garden of Gethsemane with his disciples (Mt 26:37; Mk 14:33).

Epaphroditus was distressed because the Philippians heard he was sick (Phil 2:26).

Synonyms of - adēmonéō;

1. lupéō;

a) With the meaning to grieve, (Mt 14:9; 17:23; 18:31; 19:22; 26:22,37; Mk 10:22; 14:19; Jn 16:20; 21:17; 2Cor 6:10; 7:9; 1Thes 4:13; 1Pt 1:6).

Paul's letters to the Corinthians made them sorrowful (2Cor 2:2-5; 7:8-11; used 11X).

b) With the meaning of to cause grief (Eph 4:30) or hurt (Rom 14:15).

c) In the Septuagint - grieved (Dt 15:10); humiliated (2Sam 19:3); displeased (Jonah 4:1)

2. baréomai; to be heavy-hearted, burdened; (2Cor 1:8; 5:4)

3. tarássomai; Figuratively used of the mind, to stir up; to be troubled, disturb with various emotions such as fear, put in trepidation. It is used as follows:

a) To be in fear, trepidation, or terrified; (Mt 14:26; Mk 6:50)

b) To stir up (Ac 17:8,13; Jn 5:4,4,7)

c) To trouble (Mt 2:3; Lk 1:12; 24:38; Jn 11:33; 12:27; 13:21; 14:1, 27; 1Pt 3:14)

d) To disturb (Ac 15:24; Gal 1:7; 5:10)

Clinical Depression: From Caring for People God's Way; (Clinton; & Ohlschlager);

Depression can have a variety of meanings because there are different types of depression.

Normal depression has the feelings of sadness, disappointment, and frustration; it's a brief mood fluctuation that everyone experiences at times, and can last from minutes to a few days.

Clinical depression is a more serious condition that lasts weeks to months, and sometimes even years.

The DSM-IV-TR (American Psychiatric Association, 2000), identifies five major categories of mood disorders:

- 1) depressive disorders, 2) bipolar disorders, 3) mood disorders due to a general medical condition, 4) substance-induced mood disorders, 5) mood disorders not otherwise specified.

In order for Major Depressive Disorder to be diagnosed, one or more major depressive episodes must have occurred. This means that the depressed person must have experienced at least two weeks of depressed mood & the loss of interest or pleasure in almost all activities; together with a minimum of four other symptoms of depression (only three if both depressed mood and loss of interest or pleasure occur) such as:

- (1) marked weight loss when not dieting, weight gain, or change in appetite;
- (2) insomnia or excessive sleep;
- (3) slowed movements or agitation;
- (4) decreased energy or fatigue;
- (5) feelings of worthlessness or inappropriate or excessive guilt;
- (6) indecisiveness or decreased ability to concentrate; and
- (7) recurrent thoughts of death or suicide.

These symptoms (the second to the sixth) must occur almost every day.

A milder form of a depressive disorder is dysthymic disorder. Here the depressive symptoms are not serious enough to meet the criteria for major depressive disorder, but the person has a depressed mood more days than not for a minimum of two years. The other category of depressive disorder is depressive disorder not otherwise specified.

Physical symptoms of depression:

Depression produces many symptoms and manifests itself in a variety of ways. These can include sadness, pessimism, fear, apathy, weariness, fatigue, loss of energy, lack of enthusiasm, inability to make decisions, desire to withdraw from life, self-criticism, a sense of worthlessness, insomnia, lack of appetite, hypochondria, a loss of interest in appearance, job, sex or relationships.

Thought patterns include:

the inability to concentrate, poor memory, self-hatred, guilt, not measuring up to expectations, meaninglessness of life or Christian experience, constant sense of shortcomings and past failures, thoughts of death and/or suicide.

Causes of depression:

Stress: 85% is caused by normal life stresses;

The most common cause of depression is stress. Life is filled with pressing difficulties, delays, disappointments, setbacks, and tragedies. If we do not deal with the problems of life properly, they can gradually wear us down, weaken us, and create a growing sense of depression. Often, these pressures are beyond our control. The loss of a job, health, and opportunity, possessions, or a loved one can all contribute to a state of depression.

Loss of control:

Depression can be the result of feeling that we have no real control over the problems we are experiencing; like we've become a helpless victim of our circumstances. We may feel like we are unable to do anything to change our situation, resulting in a sense of hopelessness and frustration.

Negative thinking:

Depression can usually be traced to negative thinking; depressed people see only the dark side of life, having a pessimistic outlook. Life to them is an endless succession of burdens, obstacles, and disappointments. They have convinced themselves that life is hopeless.

Many also have a negative view of themselves. Having little self-esteem, they often feel deficient, inadequate, and useless. They may constantly speak to themselves self-doubt and criticism, resulting in self-pity and a deep sense of depression.

This negative thinking contributes to having a pessimistic view of the future, thinking that the future holds continuing failure, hardship, and frustration. This negative thinking then becomes a destructive pattern of despair and self-pity.

Family of origin: Longer-term depression, resulting from:

parental rejection, over – criticism, cruelty, unloving and/or demanding environment; unconscious feelings of hostility (tuning anger or hatred inward);

Loss or trauma:

The death of a loved one. The loss of a job, health, an opportunity, possessions, or great disappointment, can all contribute to a state of depression.

Medical Reasons:

Physical factors can, and often do, contribute to depression. If we don't take care of ourselves properly we can pay the price in depression. Sometimes we suffer depression because we have neglected our bodies. Physical health contributes to mental and emotional well-being. A healthy body is less susceptible to mental and physical illness. A lack of sleep, improper diet, lack of exercise can all contribute to fatigue, viruses, chemical imbalances, and depression.

Satanic Attack ("The Accuser"):

Satan constantly reminds victims of their sins and how hypocritical they are claiming to be a Christian well having any problem whatsoever, past or present. Christians can actually invite such an attack by trying to live and work for Christ in their own strength, rather than continually receiving and relying on Christ.

Sin and guilt:

Some people experience depression because of unresolved sin in their life. Occasionally, we may try to conceal sin rather than face up to it honestly. When we try to cover up sin, it inevitably takes its toll. A spirit of heaviness and condemnation can develop as a consequence of sin which has been allowed to stubbornly remain in our lives. Self-pity, resentment, anger, unforgiveness, a critical spirit, or a tendency to murmur and complain can all be contributing factors to depression.

Conflicts between demands of society/parents and personal desires

(e.g., immoral sexuality, expression of anger). Or, actual sin, which threatens a person's self image as a moral person.

Depression in Scriptures:

The word "Depression" is not mentioned in the Bible, the Scriptures contained many references to this problem. It is often referred to as one's "countenance being cast down" (Gen 4:6).

Pr 17:22 A joyful heart is good medicine, But a broken spirit dries up the bones.

Job, Moses, David, Elijah, Jonah, Peter and Paul suffered from depression.

Jeremiah even expressed his deep depression in a book entitled, laments.

Moses was overwhelmed with depression in the wilderness (Num 11:10-15).

Job was consumed with a sense of despondency because of his problems (Job 3).

David cried "Why are you cast down (in despair), O my soul?" (Psa 42:5,6,11; 43:5).

Peter experienced deep depression after denying the Lord (Mt 26:75).

Paul states he "despaired even of life" because of the pressures of ministry (2Cor 1:8).

1Ki 19 (story of Elijah fleeing from Jezebel)

God's dealing with Elijah (His depressed, suicidal servant)

Notice that there is no moralizing, criticism, or condemnation;

God meets his physical needs of fatigue and hunger (:4-8);

God gives them a new vision of Himself (1 Ki 19:9-12);

God gives him a new assignment, and shows Elijah that he's still on the team (1 Ki 19:13-18);

God deals similarly with other great men:

Job (Job 3); Moses (Num 11:10-23); Jonah (Jonah 4)

Depression can be the result of sin

Ps 32:1-5 How blessed is he whose transgression is forgiven, Whose sin is covered! 2 How blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit! 3 When I kept silent about my sin, my body wasted away Through my groaning all day long. 4 For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah. 5 I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the LORD"; And You forgave the guilt of my sin.

Ps 38:4-9 For my iniquities are gone over my head; As a heavy burden they weigh too much for me. 5 My wounds grow foul and fester Because of my folly. 6 I am bent over and greatly bowed down; I go mourning all day long. 7 For my loins are filled with burning, And there is no soundness in my flesh. 8 I am benumbed and badly crushed; I groan because of the agitation of my heart. 9 Lord, all my desire is before You; And my sighing is not hidden from You.

Psalm 73 is a Psalm about God lifting a person out of depression

Ps 73:1-4 the psalmist is envious of evil people

1 Surely God is good to Israel, To those who are pure in heart! 2 But as for me, my feet came close to stumbling, My steps had almost slipped. 3 For I was envious of the arrogant As I saw the prosperity of the wicked. 4 For there are no pains in their death, And their body is fat.

Ps 73:5-14 he believes that they don't suffer in their prosperity

Ps 73:12-14 Behold, these are the wicked; And always at ease, they have increased in wealth. 13 Surely in vain I have kept my heart pure And washed my hands in innocence; 14 For I have been stricken all day long And chastened every morning.

Ps 73:15-25 it was troublesome until he meets God and gets a different perspective

Ps 73:16-17 When I pondered to understand this, It was troublesome in my sight 17 Until I came into the sanctuary of God; Then I perceived their end.

Ps 73:26-28 solution to depression is God's presence

Ps 73:26-28 My flesh and my heart may fail, But God is the strength of my heart and my portion forever. 27 For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. 28 But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, That I may tell of all Your works.

Jesus died for forgiveness of all sin and healing of all disease

Isa 53:5 But He was pierced through for our transgressions, He was crushed for our iniquities; The chastening for our well-being fell upon Him, And by His scourging we are healed.

1Pt 2:24 He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.

Gal 3:13 Christ redeemed us from the curse of the Law, having become a curse for us--for it is written, "CURSED IS EVERYONE WHO HANGS ON A TREE"

Jesus experienced grief (depression) in the garden of Gethsemane to remove it from us.

Mt 26:37-38 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. 38 Then He said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me."

Jn 12:27-28 Now My soul has become troubled; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. "Father, glorify Your name."

Strategies to battle depression:

1Sa 30:6 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God.

1. Confess our sins

1 Jn 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Jas 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed.

Sin can be both the cause of depression and a product of depression. Often unresolved sin produces guilt and self-condemnation, which can lead to despair. When we harbor bitterness, resentment, anger, jealousy, or any other sin in our hearts, it affects us negatively. We can fall into the pit of despair because of self-pity, murmuring and complaining. Often, when the weight of sin is removed we find release from the burden of depression.

2. Give thanks and rejoice in the Lord

Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name. (Ps 50:14, 23; 116:17)

Phil 4:4-7 Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle spirit be known to all men. The Lord is near. 6 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.

One of the best ways to overcome anxiety and depression is to give praise and thanksgiving to the Lord. The answer is not in running from our circumstances or withdrawing from life, but in rising above them through praise. We don't rejoice because we feel like it, but as an act of obedient faith, realizing that "in the Lord" we have grounds for confidence and rejoicing. We know that the Lord is bigger than our problems, and is working everything for our good (Rom 8:28).

3. Stand on the promises of God

2 Cor 7:6 But God, who comforts the depressed,

Ps 34:18 The LORD is near to the brokenhearted And saves those who are crushed in spirit.

Rom 15:4 For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.

Heb 6:18 This hope we have as an anchor of the soul ... (Rom 5:5).

When we trust in the reality of God's Word, we have great hope. The Scriptures contain all of the answers to the problems of life. They sustain us and encourage us in every way. The counsel of Scripture can minister genuine hope in spite of our circumstances.

4. Guard yourself against negative thoughts

2 Co 10:3-5 For though we walk in the flesh, we do not war according to the flesh. 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

Phil 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

In Christ we learn to discipline our negative thoughts as we submit ourselves to the Lordship of Jesus Christ. We need to guard our minds and hearts against negative thinking that leads to negative confession that ultimately leads to death and destruction.

5. Watch your physical health

1Cor 6:19-20 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? 20 For you have been bought with a price: therefore glorify God in your body.

Poor health habits contribute to depression and play an important role in defeating depression. When we abuse or neglect our body, depression is often the consequences. Good nutrition, proper rest and adequate exercise are important strategies in overcoming depression.

Camp # 22 Terah

Nu 33:27 They journeyed from Tahath and camped at Terah.

Definition:

Terah = You may breathe; To delay; turning; wandering

loiterer (from Merriam Webster's Dictionary & Thesaurus)

- 1: to delay an activity with idle stops and pauses: DAWDLE
- 2 a: to remain in an area for no obvious reason
b: to lag behind

synonyms: LAGGARD, dawdler, lingerer, slow coach, slowpoke, straggler

related words: dawdling, delaying, loitering, procrastinating; comatose, lethargic, sluggish; apathetic, impassive, phlegmatic

contrasted words: alert, vigilant, watchful, wide-awake; expeditious, fast, fleet, speedy
antonyms prompt, quick

Peter's example of delayed obedience:

Ac 10:1-8 angelic visitation to Cornelius

Ac 10:9-16 Peter's vision, (and argument) of clean and unclean animals

vs. 13-15 "Get up, Peter, kill and eat!" 14 But Peter said, "By no means, Lord, for I have never eaten anything unholy and unclean." 15 Again a voice came to him a second time, " What God has cleansed, no longer consider unholy."

Ac 10:17-20 the Holy Spirit's instruction to go with the three men at the door.

v. 20 ... get up, go downstairs and accompany them without misgivings ...

Ac 10:21-23 Peter has them stay overnight, the next day he takes some others, and goes

Ac 10:24-48 Peter shares with them and they are filled with the Holy Spirit ...

Abraham's example:

Gen 22:1-14 Abraham offered up Isaac

Gen 22:3 So Abraham rose early in the morning and saddled his donkey, and took two of his young men with him and Isaac his son; and he split wood for the burnt offering, and arose and went to the place of which God had told him.