

Dr. David Murray's Notes on Depression

The Cures

Introductory Questions

- Do you accept that you have a problem?
- Are you willing to explore all possible dimensions of this problem?
- Do you want to be made whole?
- Are you willing to contribute what you can to the healing process?
- Do you have hope for recovery?

Repair Bay #1: Reach Out

- Spouse (or mature Christian friend who will lovingly speak truth)
- Pastor or biblical counsellor
- Possibly a doctor

Repair Bay #2: Review

- How did I get here?
- What were the triggers?
- Paul Tripp imagery: down the corridor are rooms of your life; open the doors and see what's inside

Repair Bay #3: Rest

- Get more sunlight during the day
- Get off screens 90 minutes before bedtime
- Have a caffeine curfew.
- Sleep in a cool room
- Go to bed within 30 minutes each night, including before days off.
- Use a high quality air ionizer, humidifier, plants, black-out shades
- Use a clock that can have the light adjusted.
- Don't keep your cell phone in your room.
- Address diet.
- Don't eat 90 minutes before bed.
- Calm yourself down.
- Ritualize your night.
- Read fiction, but not in bed.

Repair Bay #4: Recreation

- Regular moderate exercise
- Get outdoors if possible (in the gym when necessary)
- Enjoy a hobby

Repair Bay #5: Reduce

- Reduce the amount that you do.
- Learn the difference between “best” and “acceptable.”
- Learn to say no.
- Try to live slower, less complicated, less committed lives.

Repair Bay #6: Routine

- Depressed people don't usually have a routine.
- What would be your ideal routine? Getting up, devotions, exercise, meals, studying, work, family time, etc.
- Don't watch TV or look at devices before bed.

Repair Bay #7: Rethink

- Address false thinking patterns
- Psalm 77; follow the process: facts—thoughts—feelings
- How does he get out of the depression when he can't change the facts?
- V. 10 – He replaces his old thoughts with new thoughts. Doubt gets replaced with confidence, fear with optimism, negativity with positivity, unbelief with faith

Repair Bay #8: Refuel

- Good food and nutrition
- Gain activities instead of pain activities (refuel instead of drain)
- Medication & supplementation

Repair Bay #9: Relationships

- With God
- With spouse
- With kids
- With church
- With friends

Repair Bay #10: Repent

- “Truly spiritual causes of depression usually involve sins where the Christian deliberately rebels against God, knowingly and continually.”
- A controlling spirit
- Perfectionism
- Man-pleasing or fearing
- Materialism
- Sexual sin/pornography
- The selfishness of buying into the lie that it is all about me
- Unbelief; believing a lie or half-truths
- Unforgiveness
- Responding to failure without faith