

### Chapter 3: Deep Depression

1) According to the Britannica definition quoted, depression is marked by which of the following?

- A) Feelings of low self-worth or guilt and reduced ability to enjoy life
- B) Persistent delusions and hallucinations
- C) Elevated mood and increased energy
- D) Exclusively a response to bereavement

Answer: A

2) The chapter notes that depression differs from simple grief or mourning primarily because:

- A) Grief involves only physical symptoms
- B) Depression can be disproportionately long or severe relative to the event
- C) Mourning never includes sadness
- D) Depression always has no identifiable cause

Answer: B

3) Which is listed as a type of depression in the excerpt?

- A) Post-traumatic amnesia
- B) Generalized anxiety disorder
- C) Seasonal affective disorder
- D) Obsessive-compulsive disorder

Answer: C

4) Which of the following "solutions" does the chapter list as worldly attempts to fix depression?

- A) Fasting only
- B) Mission trips
- C) Memorizing Scripture
- D) Psychiatrists, drugs, drinking, relationships, even suicide

Answer: D

5) In Jonah 1:3-5, what did Jonah do after boarding the ship?

- A) Went down into the sides of the ship and fell asleep
- B) Led the mariners in prayer to the Lord
- C) Calmed the storm with a word

D) Turned back immediately to Nineveh

Answer: A

6) The chapter uses Jonah's actions to illustrate that a common side effect of depression is:

- A) Excessive eating
- B) Wanting to sleep to avoid facing life
- C) Compulsive exercise
- D) Hyper-social behavior

Answer: B

7) Ephesians 5:13-16 is quoted to say, "Awake, O sleeper..." This is used to encourage believers to:

- A) Hide from trials
- B) Ignore their emotions
- C) Live wisely and make the most of every opportunity
- D) Depend only on human strength

Answer: C

8) The chapter compares "valleys" to depression and "hills" to:

- A) Punishment
- B) Ordinary life
- C) Uncertainty
- D) Victory and God's blessing

Answer: D

9) Which prophetic vision is cited as an illustration of people stuck in a "valley" who are restored?

- A) Isaiah's coal on the lips
- B) Daniel's handwriting on the wall
- C) Ezekiel's valley of dry bones (Ezekiel 37)
- D) Zechariah's flying scroll

Answer: A

10) According to the chapter, the Hebrew term *dě'agah* refers to:

- A) Joy and peace
- B) Pride and envy
- C) Anxiety, fear, heaviness, or sorrow
- D) Anger and wrath

Answer: C

11) Which qualification is given for an overseer (bishop) in 1 Timothy 3?

- A) Lover of money
- B) Above reproach, husband of one wife, temperate and self-controlled
- C) Quick-tempered
- D) Novice in the faith

Answer: B

12) According to 1 Timothy 3, an overseer must be able to:

- A) Teach
- B) Prophecy in tongues
- C) Work miracles
- D) Compose psalms

Answer: A

13) Concerning family life, an overseer must:

- A) Manage his own household well
- B) Have no children
- C) Live as a hermit
- D) Avoid contact with outsiders

Answer: A

14) 1 Timothy 3 warns that a bishop must not be a novice (new convert) lest he:

- A) Lose his speech
- B) Become conceited and fall into the condemnation of the devil
- C) Be forced to resign
- D) Be unable to read Scripture

Answer: B

15) Deacons likewise must be:

- A) Double-tongued
- B) Addicted to much wine
- C) Dignified, not greedy for dishonest gain, holding the faith with a clear conscience
- D) Quarrelsome debaters

Answer: C

16) Before serving, deacons should:

- A) Be elected by outsiders
- B) Take a vow of silence
- C) Travel to Jerusalem
- D) First be tested; then serve if found blameless

Answer: D

17) The women/wives mentioned in 1 Timothy 3:11 are to be:

- A) Dignified, not slanderers, sober-minded, faithful in all things
- B) Exempt from self-control
- C) Excluded from service
- D) Required to teach publicly

Answer: A

18) A deacon should be:

- A) The husband of many wives
- B) Free from family responsibilities
- C) The husband of one wife, managing children and household well
- D) Primarily a skilled musician

Answer: C

19) Paul writes these instructions so that people may know how to conduct themselves:

- A) In synagogues only
- B) In Roman courts
- C) In the household of God, the church of the living God, the pillar and foundation of the truth
- D) In the marketplace

Answer: C

20) The "mystery of godliness" hymn declares Christ was:

- A) Hidden from angels
- B) Condemned in the Spirit
- C) Never preached among the nations
- D) Manifested in the flesh, vindicated in the Spirit, seen by angels, preached among the nations, believed on in the world, received up in glory

Answer: D

