**Are there biblical examples of depression and how to deal with it?**

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| http://www.christiananswers.net/0.gif | http://www.christiananswers.net/0.gif | See this page in: [Indonesian (Bahasa Indonesia)](http://www.christiananswers.net/indonesian/q-eden/depression-bible-i.html)  “The spirit of a man will sustain him in sickness, But who can bear a broken spirit?” ([Proverbs 18:14](http://www.christiananswers.net/bible/prov18.html#14)  “I am laid low in the dust; preserve my life according to your word” ([Psalm 119:25](http://www.christiananswers.net/bible/psa119.html#25)).  Photo courtesy of Eden Communications. Copyrighted.There are numerous biblical references to depression, one of the human race's most common and distressing [afflictions](http://www.christiananswers.net/dictionary/afflictions.html). It is likely that the first humans to experience depression were Adam and Eve, after they sinned against God.  **Examples of people in the Bible who suffered bouts of depression**   * [**Abraham**](http://www.christiananswers.net/dictionary/abraham.html) ([Genesis 15](http://www.christiananswers.net/bible/gen15.html)) * [**Jonah**](http://www.christiananswers.net/dictionary/jonah.html) ([Jonah 4](http://www.christiananswers.net/bible/jonah4.html)) * [**Job**](http://www.christiananswers.net/dictionary/job.html) (Book of [Job](http://www.christiananswers.net/bible/job1.html)) * [**Elijah**](http://www.christiananswers.net/dictionary/elijah.html) ([1 Kings 19](http://www.christiananswers.net/bible/1ki19.html)) * [**King Saul**](http://www.christiananswers.net/dictionary/saul.html) ([I Samuel 16:14-23](http://www.christiananswers.net/bible/1sam16.html#14), etc.) * [**Jeremiah**](http://www.christiananswers.net/dictionary/jeremiah.html) (Book of [Jeremiah](http://www.christiananswers.net/bible/jer1.html)) * [**David**](http://www.christiananswers.net/dictionary/david.html) (Psalms [6](http://www.christiananswers.net/bible/psa6.html), [13](http://www.christiananswers.net/bible/psa13.html), [18](http://www.christiananswers.net/bible/psa18.html), [23](http://www.christiananswers.net/bible/psa23.html), [25](http://www.christiananswers.net/bible/psa25.html), [27](http://www.christiananswers.net/bible/psa27.html), [31](http://www.christiananswers.net/bible/psa31.html), [32](http://www.christiananswers.net/bible/psa32.html), [34](http://www.christiananswers.net/bible/psa34.html), [37-40](http://www.christiananswers.net/bible/psa37.html), [42-43](http://www.christiananswers.net/bible/psa42.html), [46](http://www.christiananswers.net/bible/psa46.html), [51](http://www.christiananswers.net/bible/psa51.html), [55](http://www.christiananswers.net/bible/psa55.html), [62-63](http://www.christiananswers.net/bible/psa62.html), [69](http://www.christiananswers.net/bible/psa69.html), [71](http://www.christiananswers.net/bible/psa71.html), [73](http://www.christiananswers.net/bible/psa73.html), [77](http://www.christiananswers.net/bible/psa77.html), [84](http://www.christiananswers.net/bible/psa84.html), [86](http://www.christiananswers.net/bible/psa86.html), [90-91](http://www.christiananswers.net/bible/psa90.html), [94-95](http://www.christiananswers.net/bible/psa94.html), [103-104](http://www.christiananswers.net/bible/psa103.html), [107](http://www.christiananswers.net/bible/psa107.html), [110](http://www.christiananswers.net/bible/psa110.html), [116](http://www.christiananswers.net/bible/psa6.html), [118](http://www.christiananswers.net/bible/psa118.html), [121](http://www.christiananswers.net/bible/psa121.html), [123-124](http://www.christiananswers.net/bible/psa123.html), [130](http://www.christiananswers.net/bible/psa130.html), [138](http://www.christiananswers.net/bible/psa138.html), [139](http://www.christiananswers.net/bible/psa139.html), [141-143](http://www.christiananswers.net/bible/psa141.html), [146-147](http://www.christiananswers.net/bible/psa146.html))   **King David** — “I am troubled, I am bowed down greatly; I go mourning all the day long. …I groan because of the turmoil of my heart” ([Psalm 38:6,8](http://www.christiananswers.net/bible/psa38.html#6) - NKJV).  [Read David's prayer](http://www.christiananswers.net/bible/psa38.html)  **Depression due to guilt**  [**CAIN**](http://www.christiananswers.net/dictionary/cain.html)**, son of** [**Adam**](http://www.christiananswers.net/dictionary/adam.html) **(having disobeyed God)** “Then the LORD said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.’”      -[Genesis 4:6-7](http://www.christiananswers.net/bible/gen4.html#6) (NIV)  [**DAVID**](http://www.christiananswers.net/dictionary/david.html)**, King of Israel (having committed** [**adultery**](http://www.christiananswers.net/dictionary/adultery.html) **was depressed until he confessed his sin)** "When I kept silent, my bones grew old Through my groaning all the day long. For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah. -[Psalm 32:3-4](http://www.christiananswers.net/bible/psa32.html#3)  **Release from depression caused by guilt came from confession and seeking God's forgiveness…**  "For I said in my haste, 'I am cut off from before Your eyes'; Nevertheless You heard the voice of my supplications When I cried out to You. Oh, love the LORD, all you His saints! For the LORD preserves the faithful, And fully repays the proud person. Be of good courage, And He shall strengthen your heart, All you who hope in the LORD. Blessed is he whose transgression is forgiven, Whose sin is covered. Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit. …I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin. Selah.      -[Psalm 31:22 - 32:2](http://www.christiananswers.net/bible/psa31.html#22), 32:5 (NKJV)  “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” ([1 John 1:9](http://www.christiananswers.net/bible/1john1.html#9) - NKJV).  **David's humble prayer for forgiveness (an example for us all)**  “Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, [Blot](http://www.christiananswers.net/dictionary/blot.html) out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my transgressions, And my sin is always before me. Against You, You only, have I sinned, And done this evil in Your sight; That You may be found just when You speak, And blameless when You judge. Behold, I was brought forth in iniquity, And in sin my mother conceived me.  Behold, You desire truth in the inward parts, And in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. Make me hear joy and gladness, That the bones You have broken may rejoice. Hide Your face from my sins, And [blot](http://www.christiananswers.net/dictionary/blot.html) out all my iniquities. Create in me a clean heart, O God, And renew a steadfast spirit within me.  Do not cast me away from Your presence, And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. Then I will teach transgressors Your ways, And sinners shall be converted to You. …For You do not desire sacrifice, or else I would give it; You do not delight in [burnt offering](http://www.christiananswers.net/dictionary/burntoffering.html). The sacrifices of God are a broken spirit, A broken and a contrite heart; These, O God, You will not despise” ([Psalm 51:1-13](http://www.christiananswers.net/bible/psa51.html#1), 16-17 - NKJV  **When you're depressed, place your hope in God.**  “Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. …For You are the God of my strength…” (Psalm [42:5](http://www.christiananswers.net/bible/psa42.html#5), [43:2](http://www.christiananswers.net/bible/psa43.html#2) - NKJV).   |  | | --- | | "Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths."       -[Proverbs 3:5-6](http://www.christiananswers.net/bible/prov3.html#5) (NKJV) |   "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit" ([Romans 15:13](http://www.christiananswers.net/bible/rom15.html#13) - NKJV)  “Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things” ([Philippians 4:4-8](http://www.christiananswers.net/bible/phil4.html#4) - NKJV).  “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.” ([1 Peter 5:6-7](http://www.christiananswers.net/bible/1pet5.html#6)).  **Although things may be difficult, Christians can avoid deep depression.**  "We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed… Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal" ([2 Corinthians 4:8-9, 16-18](http://www.christiananswers.net/bible/2cor4.html#8) - NIV).  **Remember what Jesus Christ went through for us. Remember what the apostle Paul experienced**, yet remained focused on the eternal rather than the temporary. When we maintain faith and keep our focus on God's love and the hope He has given us for eternity, Christians can weather the storms of life. It can be done.  [**Paul**](http://www.christiananswers.net/dictionary/paul.html) — "…I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches." —[2 Corinthians 11:23b-28](http://www.christiananswers.net/bible/2cor11.html#23) (NIV)  “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” —[Galatians 2:20](http://www.christiananswers.net/bible/gal2.html#20) (NKJV)  **When the Israelites were depressed, God called them to put their faith into action.**  “But they that wait upon the LORD shall renew their strength; they shall mount up with wings as [eagles](http://www.christiananswers.net/dictionary/eagle.html); they shall run, and not be weary; and they shall walk, and not faint” ([Isaiah 40:31)](http://www.christiananswers.net/bible/isa40.html#31).  **Answers to related questions**   * What should a Christian do if overwhelmed with depression? [Go](http://www.christiananswers.net/q-acb/acb-f001.html)… * How can I be and feel forgiven? [Go](http://www.christiananswers.net/q-dml/dml-y004.html)… * If God forgives me everytime I ask, why do I still feel so guilty? [Go](http://www.christiananswers.net/q-dml/dml-y027.html)… * I think I was sexually abused, but I'm not sure. What Is sexual abuse, and what can I do to stop the trauma I am facing now? [Go](http://www.christiananswers.net/q-dml/dml-y021.html)… * I'm ugly. Why was God so unfair to me this way? [Go](http://www.christiananswers.net/q-dml/dml-y020.html)… * If God knows I am hurting, why doesn't He help me? [Go](http://www.christiananswers.net/q-dml/dml-y025.html)… * Are you thankful to God? - [GO](http://www.christiananswers.net/q-eden/depression-bible.html) * What does the Bible say about suicide? [Go](http://www.christiananswers.net/q-dml/dml-y038.html)…   [ If this information has been helpful, please prayerfully consider a [donation](http://www.christiananswers.net/eden/donate.html) to help pay the expenses for making this faith-building service available to you and your family! Donations are tax-deductible. ]  Author: Paul S. Taylor of [Eden Communications](http://www.christiananswers.net/eden/home.html)  This page is located at: http://www.christiananswers.net/q-eden/depression-bible.html  [Copyright ©](http://www.christiananswers.net/copyrite.html) 1999, Eden Communications, All Rights Reserved - except as noted on attached [“Usage and Copyright”](http://www.christiananswers.net/copyrite.html) page that grants ChristianAnswers.Net users generous rights for putting this page to work in their homes, personal witnessing, churches and schools. |