



## RCCG Sunday School Student Manual 12 May 2024: Lesson 37

### Description

RCCG Sunday School Student manual 12 May 2024 for the adult class.

Today's Lesson 37 topic is DEPRESSION (PART 1).

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- [RCCG Sunday School Teachers Manual 12 May 2024](#)
  - [Open Heaven 12 May 2024 Devotional](#)
  - [RCCG YAYA Sunday School 12 May 2024 Manual](#)
  - [RCCG House Fellowship Manual 12 May 2024](#)
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## **RCCG SUNDAY SCHOOL STUDENT MANUAL 12 MAY 2024 (LESSON 37)**

### **TOPIC: DEPRESSION (PART 1)**

**BIBLE PASSAGE: 1 Kings 19:1-4**

<sup>1</sup> And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the

sword.

<sup>2</sup> Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.

<sup>3</sup> And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there.

<sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.

## **MEMORY VERSE:**

*And when Rachel saw that she bare Jacob no children, Rachel envied her sister and said unto Jacob, Give me children, or else I die. Genesis 30:1.*

## **INTRODUCTION**

Depression is a word from the Latin verb “deprimere,” meaning to press down. It is an emotional response triggered by circumstances beyond one’s mental stability.

It is a mental health illness or mood disorder where one experiences unusual persistent sadness.

As the saying goes, there is no health without mental health. This shows that other aspects of health such as physical, financial, spiritual, and social can also take a downward spiral due to a depressive illness.

Hence, it is important to educate ourselves on the causes, symptoms, and the way out of depression.

## **OUTLINES:**

1. Biblical Instances And Causes
2. PREVENTION OF DEPRESSION

## **1. BIBLICAL INSTANCES AND CAUSES**

Depression is often viewed as a persistent feeling of sadness (Romans 8:20-22).

There are many biblical examples of men of God who struggled with sadness, even to the point of depression.

David, a man after God’s own heart (Acts 13:22), did not gloss over his sadness; he expressed it to God (Psalm 56:8).

Both Moses (Numbers 11:15) and Elijah (1 Kings 19:3-5), two heroes of the faith, confessed to God that they preferred to die than live in their current reality

Depression can be triggered by negative events such as:

The loss of a loved one.

Loss of a job.

Loss of a relationship.

Loss of a pet.

Economic crises.

Financial instability

Unpleasant circumstances. etc. (1 Samuel 1:6-7; Nehemiah 2:2).

Biologically, depression manifests when some chemical changes occur in the human brain due to persistent uncontrollable sad feelings.

These cause changes in the levels of some hormones in the brain which include cortisol, adrenaline, and dopamine.

These changes affect multiple organs in the body including the brain, leading to a gross reduction in human productivity and health.

Consequently, symptoms of depression include a depressed mood or feeling of sadness, constant tiredness, reduced or lost interest in previously enjoyable activities, forgetfulness, hopelessness, helplessness, worthlessness, thoughts of suicide, suicide attempts, and being suspicious of people or events.

Excessive complaints of body pains, loss of appetite, loss of interest in sex, loss of sleep, and poor attention can also signal a depressive illness.

## **CLASS ACTIVITY 1.**

Can a true Christian suffer depression?

## **2. PREVENTION OF DEPRESSION**

Some people use inadequate coping mechanisms for this mood disorder.

They may engage in the abuse of alcohol,

Smoking,

Absenteeism,

Spouse battery,

Over spirituality,

Over-socialization etc.

These maladaptive coping mechanisms give short-term relief but only worsen the symptoms and eventually lead to a severe mental illness.

To prevent depression believers should note the following, in addition to seeking medical or professional interventions

A Christian is supposed to be filled with joy (Romans 15:13). Joy is something the Holy Spirit produces in the life of a follower of Jesus Christ (Galatians 5:22; 1 Thessalonians 1:6).

2. God will never leave His own (Deuteronomy 31:8).

3. God will strengthen and uphold His children regardless of the situation (Isaiah 41:10).

4. God hears our cry (Psalm 40:1-3).

5. God is near to the broken-hearted (psalm 34:18-19; Matthew 11:48-30).

We should also develop positive attitudes;

Understand our mental limits;

Build problem-solving skills, resilience skills, and good communication skills.

## **CLASS ACTIVITY 2:**

Can a Christian seek medical assistance for depression? Discuss.

## **CONCLUSION: RCCG Sunday School Student Manual 12 May 2024**

Depression contributes to poor personal, family, community, and economic growth.

It can be difficult to recognise but once any of the symptoms are noticed, it is important to seek care immediately.

## **QUESTION:**

- Mention five causes of depression.
- Identify four things believers must do to prevent depression.

## **ASSIGNMENT: RCCG Sunday School Student Manual 12 May 2024**

Write five misconceptions people have about depression (2×5 = 10 marks).

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