



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

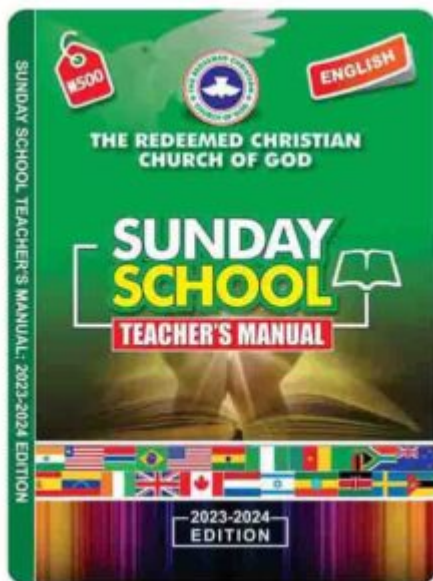
### Description

This is RCCG Sunday School Teachers manual 12 May 2024 for the adult class.

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

Read:

- [RCCG Sunday School Students 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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Note: Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

# RCCG SUNDAY SCHOOL TEACHERS MANUAL 12 MAY 2024 (LESSON 37)

## TOPIC: DEPRESSION (PART 1)

### OPENING PRAYER:

Almighty Father, please heal Your children from depression in the name of Jesus.

### PREVIOUS KNOWLEDGE:

The Assistant Teacher should review the previous week's lesson with particular attention to the lesson

## TODAY'S LESSON

### 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.

## **TEACHER'S DIARY**

### **LESSON AIM:**

To study instances, causes, and prevention of depression.

### **TEACHING OBJECTIVES:**

Through this lesson, students should be able to:

1. Discover some instances and causes of depression in the Bible.
2. Understand how to prevent depression.

### **TEACHING PLAN:**

To attain the above-stated objectives, the teacher should:

1. Allow the students to take the opening prayer, read the Bible passage, recite the memory verse, and do the class activities and the assignment.
2. Allow the Assistant Teacher to review the previous week's lesson, introduce the lesson, conduct the class and mark the attendance and the assignment.
3. The teacher should explain the two lesson outline, administer the class activities, summarize, evaluate the lesson and give the assignment.

### **TEXT REVIEW: 1 Kings 19:1-4.**

From the passage above, the teacher should identify four (4) reasons why Elijah was depressed.

i. ....

ii. ....

iii. ....

iv. ....

### **TEACHING METHOD:**

The teacher should use the Discussion teaching method and the Question and Answer teaching method to treat the lesson.

## **TIME MANAGEMENT:**

The teacher should spend 60% of the teaching time on lesson outline one and the remaining 40% on lesson outline two.

## **OUTLINES:**

1. Biblical Instances And Causes
2. PREVENTION OF DEPRESSION

# **1. BIBLICAL INSTANCES AND CAUSES**

## **A. Biblical Instances**

- i. Depression is often viewed as a persistent feeling of sadness (Romans 8:20-22).
- ii. There are many biblical examples of men of God who struggled with sadness, even to the point of depression.
  - a. 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).
  - b. 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

## **B. Causes**

1. Depression can be triggered by negative events such as:
  - i. The loss of a loved one.
  - ii. Loss of a job.
  - iii. Loss of a relationship.
  - iv. Loss of a pet.
  - v. Economic crises.
  - vi. Financial instability
  - vii. 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.

### **C. Symptoms**

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**

Question 1: What are some inadequate coping mechanisms some people use for this mood disorder?

Answer:

- i. Abuse of alcohol.
- ii. Smoking.
- iii. Absenteeism.
- iv. Spouse battery.
- v. Over spirituality.
- vi. over-socialization etc.

Question 2: Can this coping mechanism cure depression?

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

Question 3: In addition to seeking medical or professional interventions, what can believers do to prevent depression?

Answer: 1. 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. Christians should know that God will never leave His own (Deuteronomy 31:8).
3. He 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 Teachers 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.

### **EVALUATION:**

What are some causes and prevention of depression?

### **CLOSING PRAYER:**

O God, please fill our hearts with joy in the name of Jesus.

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

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

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