
Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

Depression

Life is difficult! Unfortunately, because we live in a broken world depression is a naturally occurring feeling for most of us at one time or another. When we add stress, disappointment, isolation, rejection, loss and grief to the equation life is even more difficult. Many people say that depression is anger turned inward. Dr. Townsend gives us a different understanding. We do know that depression will not go away when we take a vacation. It takes a variety of specific interventions. Join Dr. Townsend as he describes the definition, various symptoms and aspects of depression. He will help us make the connection between depression and our spiritual condition and give us some helpful remedies to address it.

Small group discussion questions:

1) Have you had a time in your life when you felt depressed? When and why?

2) How did you handle it?

3) Would you do something different now that you know more about the causes of depression?