

Depression 战胜抑郁



Introduction 导论

Jeremiah 耶利米书 20:7, 8: You deceived me, LORD, and I was deceived;

you overpowered me and prevailed.

I am ridiculed all day long;

everyone mocks me.

Whenever I speak, I cry out

proclaiming violence and destruction.

So the word of the LORD has brought me

insult and reproach all day long.

耶和華阿，你曾劝导我，我也听了你的劝导。你比我有力量，且胜了我。我终日成为笑话，人人都戏弄我。我每逢讲论的时候，就发出哀声，我喊叫说，有强暴和毁灭。因为耶和華的话终日成了我的凌辱，讥刺。

Introduction 导论

Jeremiah 耶利米书 20:9, 10: But if I say, “I will not mention his word
or speak anymore in his name,”
his word is in my heart like a fire,
a fire shut up in my bones.

I am weary of holding it in;
indeed, I cannot.

I hear many whispering,
“Terror on every side!
Denounce him! Let’s denounce him!”

All my friends
are waiting for me to slip, saying,
“Perhaps he will be deceived;
then we will prevail over him

and take our revenge on him.” 我若说，我不再提耶和华，也不再奉他的名讲论，我便心里觉得似乎有烧着的火闭塞在我骨中，我就含忍不住，不能自禁。我听见了许多人的谗谤，四围都是惊吓。就是我知己的朋友也都窥探我，愿我跌倒，说，告他吧，我们也要告他。或者他被引诱，我们就能胜他，在他身上报仇。

Introduction 导论

Jeremiah 耶利米书 20:11, 12: But the LORD is with me like a mighty warrior; so my persecutors will stumble and not prevail.

They will fail and be thoroughly disgraced;
their dishonor will never be forgotten.

LORD Almighty, you who examine the righteous
and probe the heart and mind,

let me see your vengeance on them,
for to you I have committed my cause.

然而，耶和华与我同在，好像甚可怕的勇士。因此，逼迫我的必都绊跌，不能得胜。他们必大大蒙羞，就是受永不忘记的羞辱，因为他们行事没有智慧。试验义人，察看人肺腑心肠的万军之耶和华阿，求你容我见你在他们身上报仇，因我将我的案件向你禀明了。

Introduction 导论

Jeremiah had just spent time in jail for the crime of preaching.
耶利米因为传道被关进监狱。

He had just been punished as result of righteous teaching.
他出于义的教导让他受到惩罚。

He had experienced confrontation with the nation's power structure,
which refused to do right and refused to heed God's warnings.
他受到政权的逼迫，他们不听神的告诫，又行不义之事。

He been thrown into a cistern, and left there.
他被扔进水池，无人问津。

Introduction 导论

Jeremiah had invested two decades into preaching to no avail.
耶利米花了 20 年的时间传道，却毫无成效。

The people were no nearer to God than when Jeremiah started.
当耶利米开始传道的时候，百姓并没有离神更近。

In fact, their sin only grew worse. 事实上，他们的罪只是愈演愈烈。

Israel's enemies, the Babylonians, were still in power, and the religious leaders were still hypocrites.

以色列的仇敌巴比伦人仍然在掌权，宗教领袖仍然是伪君子。

Cruel oppressors were still in control of daily life, and conspiring to exclude God from everything. 残酷的压迫者仍然掌控着每一天的生活，密谋在一切事中把神排除在外。

Introduction 导论

One can understand why Jeremiah cursed the day of his birth (Jeremiah 耶利米书 20:14).

我们可以理解为什么耶利米诅咒他出生的那一天。

In fact, many of the saints found themselves in depression as a result of their ministry. 其实，许多圣徒因为他们的事奉而陷入抑郁。

One could imagine Noah finding himself depressed as he preached for 120 years, while building the ark (2 Peter 彼得后书 2:5).

你可以想象挪亚在建造方舟的时候传道 **120** 年，他变得抑郁了。

Possibly, he was scorned for his message (although Scripture does not say this). 他很可能因为他的话备受嘲笑（虽然经文没有说）。

Introduction 导论

Job was in extreme physical and emotional pain, and tortured by his godless wife (Job 约伯记 2:9).

约伯的妻子不敬虔，他的身心都受到极大的折磨，饱受痛苦。

This clearly led to a depressed state. 这显然会导致抑郁。

Jonah experienced anger and depression as opposite sides of rebellion against God (Jonah 约拿书 4:4). 约拿逆神而行，就变得愤怒和抑郁。

Depression in the Modern World

现代世界的抑郁症



Despite unprecedented levels of increased wealth throughout the world, a greater number of people find themselves depressed. 尽管世界各地的财富增长达到了前所未有的水平，但更多的人得了抑郁症。

Our lives often feel like this wrecked airplane.

我们的生活就像这架残破的飞机。

We feel that our advanced technology should deliver us from futility and loss but in fact, we find our technology makes us more futile and more lost. 我们感到先进的技术应该把我们从虚空和失落中解救出来，但是其实，我们发现我们的技术令我们更加虚空和失落。

Depression in the Modern World

现代世界的抑郁症

In 1953, Sir Edmund Hillary (1919–2008) was the first man to reach the summit of Mount Everest (along with his guide). **1953 年，埃德蒙希拉里先生是第一个登上珠穆朗玛峰的人 (连同他的导游)。**

Hillary described his first feeling at reaching the summit as ecstasy. **希拉里形容他登顶时的第一感觉是欣喜若狂。**

But soon after came a sense of desolation. **但很快就是孤寂感。**

What was there now left to do? **现在还有什么要做的？**

Depression in the Modern World

现代世界的抑郁症

Without Jesus in our lives, we are supposed to feel depressed after major accomplishments.

没有耶稣在我们的生命里，我们就会在取得重大成就后感到沮丧。

The reason is that God has put eternity into the hearts of men (Ecclesiastes 传道书 3:11). 原因是神已经将永生放在人的心里。

Men were not intended to feel satisfied with anything in this world. 人不应该为这世界上的任何东西感到满足。

God made man with a deep-seated hunger for himself. 神创造了人内心深处对神的饥渴。

What Does Depression Feel Like?

抑郁是什么感觉？

The term “depression” literally means “pressed down.”
“抑郁”一词字面上意思是“压抑。”

It describes how a person feels. 形容一个人的感受。

However, such a term does not diagnose any causes.
然而，这样的术语并不能诊断出任何病因。

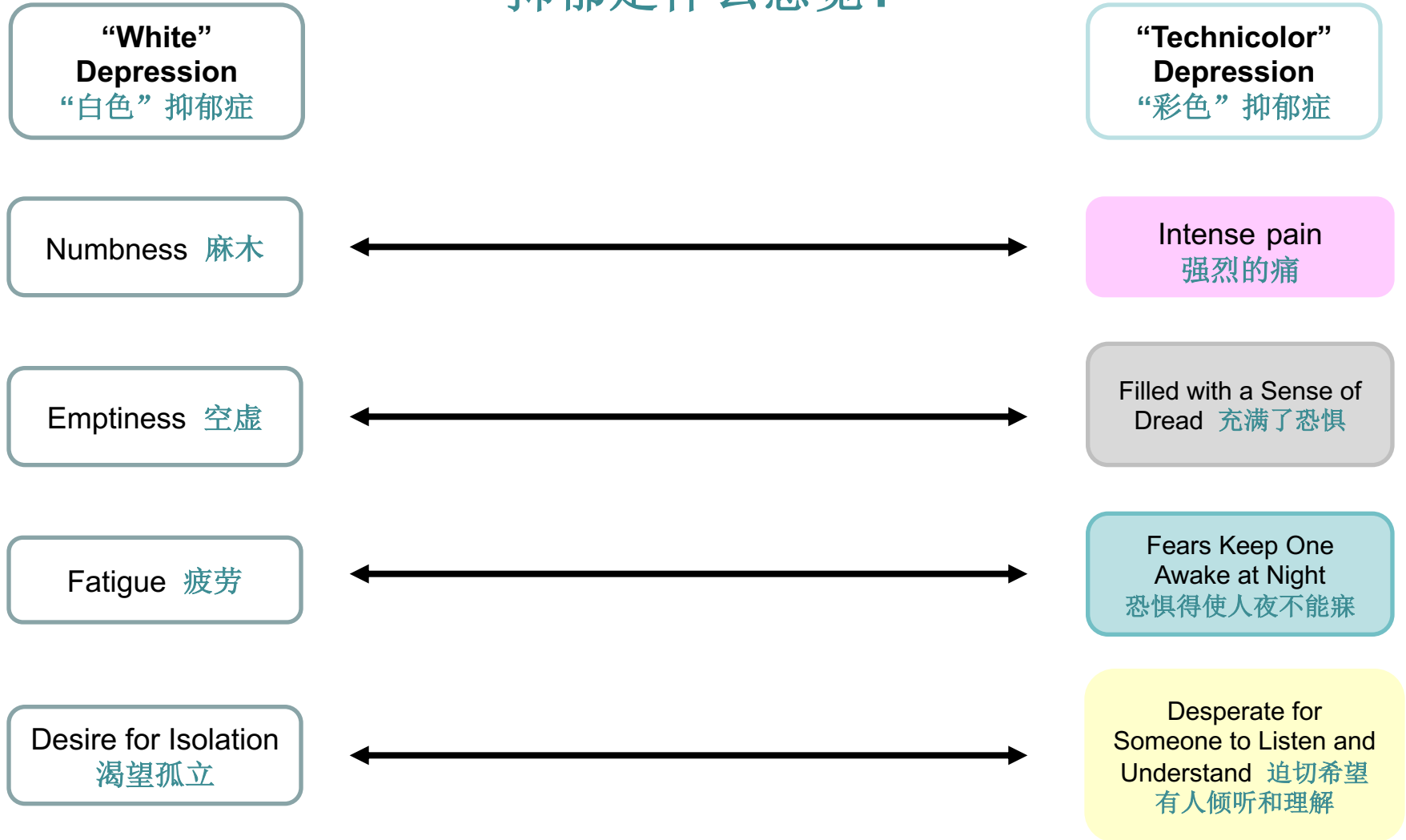
This is the same problem with the term “low self-esteem.”
和“自卑”一词一个问题。

Such a term has diagnosed nothing. 一个术语并不能确诊什么。

It only states how one feels. 只说了一个人的感受。

What Does Depression Feel Like?

抑郁是什么感觉？



What Does Depression Feel Like?

抑郁是什么感觉？

“Technicolor” Depression “彩色” 抑郁症

Want to Know that
Some Sees 想要知
道有人看到了

Feel Like Running
Away 喜欢逃开

Tremendous
Weight Upon the
Soul 沉重的负担压
在灵魂上

Relief to Discover
That Others Go
Through the Same
发现别人也有同样的
经历时，会觉得有所
安慰

“White” Depression “白色” 抑郁症

Want to Disappear
想要消失

Feel Paralyzed
感觉麻痹

Feel No Grounding
觉得没有立足之地

The Hope That
No One Else
Experiences This
希望其他人不会
有这样的经历



Notes with the Diagram 图表注解

1. The left side, “white” depression, represents a certain absence of something. 左边是“白色”抑郁症，代表了缺失。
 2. The right side, “technicolor” depression, is in various colors because it represents the presence of something. 右边是“彩色”抑郁症，代表了某些事物的存在。
 3. The arrows in the middle represent a paradox or incongruity. 中间的箭头表示矛盾或不一致。
- There is the feeling on the left, while simultaneously the feeling on the right. 左右两边的感觉同时存在。

Notes with the Diagram 图表注解

This paradox or incongruity is part of the reason for the depression.
这种矛盾或不一致是抑郁的部分原因。

The depressed person cannot make sense of the two poles of emotion.
抑郁的人无法理解自己极端的情绪。

There is a constant pull to both the left and to the right, which results in confusion. 左右两边都不断地拉拢他，导致他困惑不解。

Depression, Worry, and Anxiety 抑郁、担忧和焦虑

What is the difference between depression, worry, and anxiety?
抑郁、担忧和焦虑的区别是什么？

Worry tends to immobilize a person. 担忧让人不知所措。

Depression might be thought of as an extended period of worry, where hopelessness sets in. 抑郁是长时间担忧之后产生的无望感。

Anxiety tends to cause a person to act. 焦虑让人忙个不停。

Some have said, that worry arises from past fears.
有人说，担忧来自于过去的恐惧。

Anxiety arises from fears about the future.
焦虑来自于对未来不确定性的恐惧。

This may be a helpful way to look at this. 这样看可能有所帮助。

Characteristics of Depression

抑郁的特点

Characteristics of Depression 抑郁的特点	
1. Days are monotonous. 白天是单调的。	There can be fear that each day will be exactly like the last. 人们可能会担心每一天都会和最后一天一模一样。
2. Nights can be torturous. 夜晚是痛苦的。	One often cannot sleep well, and feels most isolated at night. 经常睡不好觉，晚上是最孤独的时候。
3. One has lost all sense of purpose, and no longer has goals. 一个人已经失去了所有的目的感，不再有目标	There is nothing to strive for, and nothing to achieve. 没有什么可争取的，也没有什么可实现的。
4. There is nothing to look forward to. 没有什么可期待的	There is no pleasure in anything. 对任何事情都没有乐趣。

Characteristics of Depression

抑郁的特点

Characteristics of Depression 抑郁的特点	
5. Life feels like a foreign experience. 生活就像一次陌生的经历。	One feels like he is on an alien planet, disconnected from everything and unable to communicate. 感觉自己在一个陌生的星球上，与一切隔绝，无法交流。
6. Every event is interpreted in negative terms. 每件事都是消极的。	Even good news is interpreted as the prelude to bad news. 即使是好消息也被解读为坏消息前的前奏。
7. One tries to do as little as possible. 能不做什么就不做。	Every act and word feels like a burden, so one tries to avoid everything. 每个言行都像是一种负担，想要逃避一切。

Characteristics of Depression

抑郁的特点

Characteristics of Depression

抑郁的特点

8. One no longer sees colors, but only shades of grey. 人们不再看到颜色，只看到灰色的阴影

Every object seems to fade into a grey cast. 所有的东西似乎都褪色成灰色。

9. One is often most fearful of others seeing the depression. 常常最害怕别人看到自己抑郁。

One does not want to have to explain the unexplainable. 不想去解释无法解释的事情。

Depression Can Come On Suddenly

抑郁可能会突然出现

Some people describe being quite content, and even having a feeling of euphoria, and then suddenly there is a crushing depression, as if it came out of nowhere. 有人说当他很满足、甚至感到兴奋的时候，会突然有一阵难以抵挡的抑郁，莫名其妙地出现。

What causes this sudden change? 是什么导致了这种突然的变化？

It may be some outside stimulus, that one interprets in a particular way: 可能来自于他用自己方式解释的外在刺激：

1. A face 某张脸
2. A mood 某种情绪
3. An object 某件东西
4. A scene 某个场景
5. A word 某个词

that suddenly reminds one of something, or sparks some emotion. 突然让人想起了什么，刺激出某种情绪。

Depression Can Come On Suddenly

抑郁可能会突然出现

The heart is always active in interpreting the world.
人心总是在积极地解释这个世界。

So there may be a host of emotions that flood in from seemingly innocuous sources:

一些看似没什么的东西可能会挑起人翻江倒海的情绪：

1. A child's laughter 一个孩子的笑声
2. A broken glass 一块打碎的玻璃
3. A malfunctioning computer 一台不能工作的电脑
4. An advertisement 一个广告
5. A smell 一种气味
6. Anything 任何东西

can trigger emotions which may have a particular effect upon a heart that is already unstable. 都能引发情绪，这些情绪可能会对一颗已经不稳定的心产生特别的影响。

Metaphors For Describing Depression 抑郁的感觉

In his book, *Darkness Visible* (1992), William Styron (1925-2006), offers some metaphors for describing his own depression: 威廉·斯泰伦在他的著作《看得见的黑暗》中是这样描写自己的抑郁症的：

1. He felt as though he was locked in a hot room.

就像锁在一间燥热的房间里。

The room temperature increased, but there was no relief.

房间的温度不断上升，让人无法解脱。

2. He walked in a forest that he had walked in many times before.

他来到一片以前去过很多次的森林。

A fog rolled in so that he no longer recognized any of the trees.

雾气浓重，他看不清眼前的树。

He was lost, with no sense of direction. 他迷路了，没有方向。

What once seemed familiar, now looked utterly foreign.

曾经熟悉的地方，如今变得完全陌生。

Metaphors For Describing Depression 抑郁的感觉

3. He walked in a park past a flock of geese, as they lay quietly on the ground. 他路过一个公园，走过一群鹅。那些鹅安静地躺在地上。

As the author walked through the flock, the geese all-at-once took flight, squawking as they flew past the author.

当他路过那群鹅的时候，它们都一跃而起，一边飞一边大声嚎叫。

The author felt overwhelmed and disoriented as the geese surrounded him with their screeching.

那群鹅吵得他脑袋嗡嗡作响，他顿时觉得一片昏天暗地。

Metaphors For Describing Depression 抑郁的感觉

William Styron recounted a story. 威廉·斯泰伦回忆了一个故事。

A famous author, Styron, had been invited to Paris, France, to receive a prestigious literary award.

有一次，他荣获了一个文学大奖，他被邀请到了法国巴黎拿奖。

That morning Styron struggled with a horrible bout of depression.

那天早上，斯泰伦感到一阵无法挣脱的抑郁。

When he arrived at the meeting place, a lavish banquet had been prepared for him, with dignitaries to greet him. 他来到宴会厅的时候，桌上摆满了精致的大餐，各界名流前来向他道贺。

Styron recounts that each person shook his hand, and shared his or her name. 斯泰伦回忆说每个人都与他握手，把自己的名字告诉他。

Metaphors For Describing Depression 抑郁的感觉

However, Styron could hear nothing. 可是，斯泰伦什么也听不见。

The person's mouth moved, but he could not hear the words.
只见对方的唇齿在动，但他一个字也听不到。

Then, the assembly had Styron sit at the head of the banquet table.
然后，大家让斯泰伦坐在宴会席的首座。

They recounted his many literary achievements.
他们对他荣获的各项文学成就滔滔不绝。

But, as he listened, his depression intensified.
可是，他听着听着，感觉更加抑郁。

He knew that people were speaking to him in English, but their words sounded completely foreign.
他知道他们在说英语，但他们的话听起来完全像是他听不懂的外语。

Metaphors For Describing Depression 抑郁的感觉

He finally told his hosts that he was not well, and that he must depart.
他告诉主办方他身体不舒服，得走了。

The room was aghast as he fled.
房间里的人看到他那么快就走了变得惊恐万状。

Some Causes for Depression

抑郁症的一些原因

Causes for Depression 抑郁症的一些原因	
1. The guilt of idolatry and sin 拜偶像和犯罪的罪恶感	
2. Existential angst – the loss of purpose and direction in life 存在性焦虑——失去生活的目标和方向	
3. Major life trauma - such as a death in the family or the loss of a job 重大的生活创伤——比如家庭成员的死亡或失业	
4. Environmental factors - such as winter darkness 环境因素——比如冬天的黑暗	

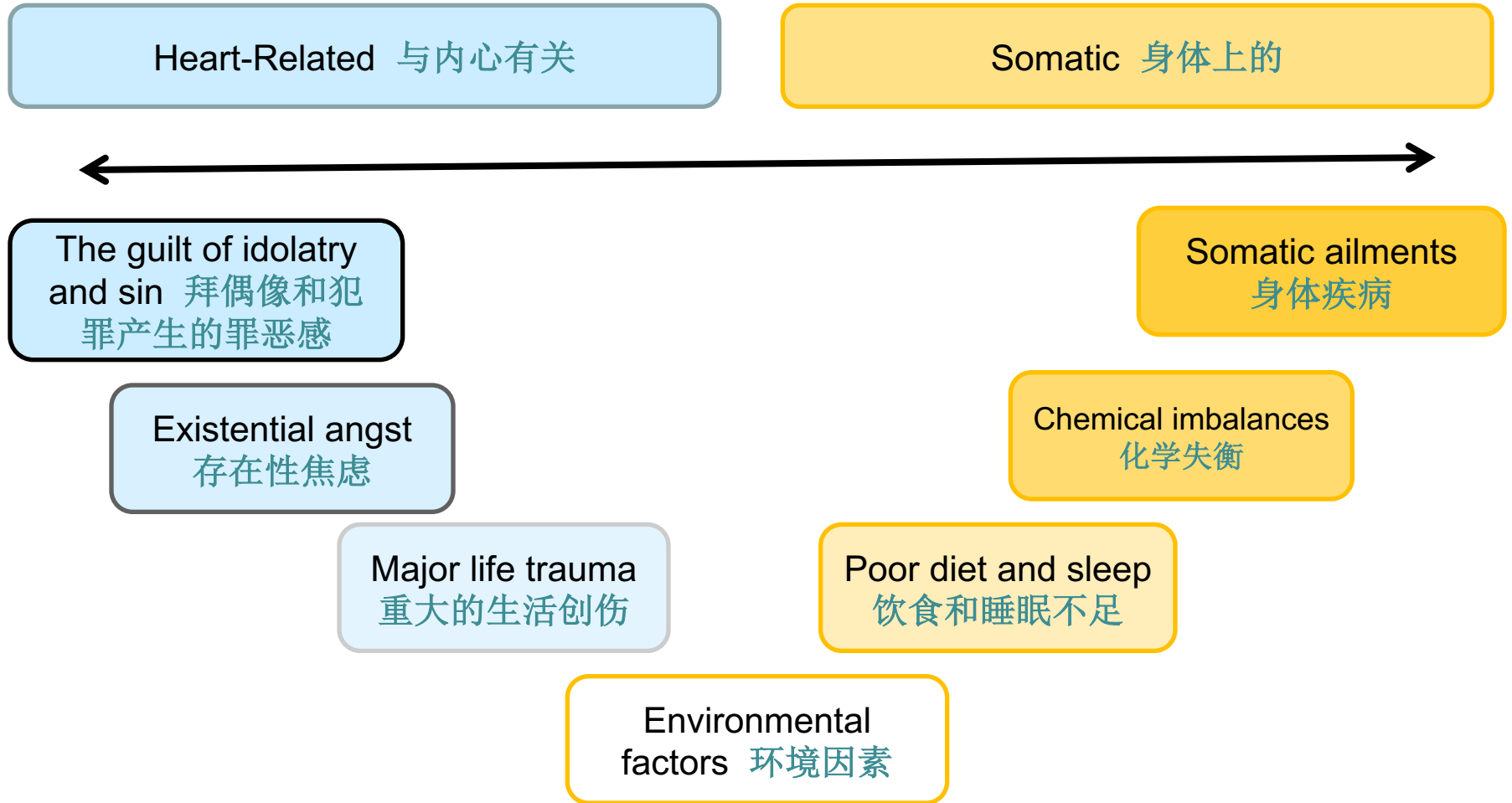
Some Causes for Depression

抑郁症的一些原因

Causes for Depression 抑郁症的一些原因	
5. Poor diet and sleep 饮食和睡眠不足	
6. Chemical imbalances - which come from taking synthetic medications, such as blood pressure medication or psychotropic drugs 化学失衡——来自服用合成药物，如降压药或精神药物	
7. Somatic ailments - such as hepatitis or hypothyroidism 身体疾病，如肝炎或甲状腺功能减退	

Some Causes for Depression

抑郁症的一些原因



Notes with the Diagram 图表注解

1. The causes for depression might be thought of as existing on a spectrum. 抑郁的原因如同这一范围。

On the left, are heart-driven causes. 左边是内心驱使的原因。

On the right, are somatic causes. 右边是身体导致的原因。

The heart-driven causes tend to be related to a plagued conscience. 内心驱使的原因常常和良心的煎熬有关。

The somatic causes tend to be a general sense of melancholy, with little specific understanding of what drives the depression. 身体导致的原因常常是一种忧郁的感觉，几乎察觉不到抑郁的原因。

Notes with the Diagram 图表注解

3. Those suffering with somatic causes may also have heart-related causes. 身体上的原因可能也与内心有关。

Thus, there may be two, or more, causes contributing to depression at the same time. 因此，抑郁的原因可能同时有两个及两个以上。

4. The guilt of idolatry and sin is a strongly heart-driven cause of depression, in those who continue in unrepentance. 拜偶像和犯罪产生的罪恶感对于不悔改的人是一种强烈由内心引起的抑郁。

However, the depression caused by major life trauma may not be sinful (as with Jeremiah). 然而，由于生活的巨大变故引起的抑郁可能不是有罪的（就像耶利米）。

Such trauma may tempt the heart to sin (despair, escape, etc.). 这类创伤可能会引诱人心犯罪（绝望、逃避等等）。

Notes with the Diagram 图表注解

5. In a similar manner, environmental factors may tempt the heart to sin. 同样，环境因素也会引诱人心犯罪。

One of the issue with his diagram is that there is not a clear divide between heart-related depression and somatic factors. 这张图表的一个问题是对于内心引发的抑郁和身体引发的抑郁没有明确的区分。

Often the heart influences the body, and the body tempts the heart. 常常内心影响身体，身体引诱内心。

Notes with the Diagram 图表注解

One of the central issues of this diagram is to highlight that not all depression is the same.

这张图表的一个中心是要强调并非所有的抑郁都是一样的。

Depression caused by the winter doldrums, or by hypothyroidism, has a different character than depression caused by the guilt of sin.

冬季的萧条引发的抑郁与甲状腺功能减退引起的抑郁或犯罪的负罪感引起的抑郁有很大的不同。

A wise counselor gains insights into the type of depression that afflicts a counselee.

一个明智的辅导者能够洞察到困扰受辅导者的是什么的类型的抑郁。

Thus, that counselor knows which questions to ask to uncover root causes of depression, and how to isolate relevant factors. 因此，明智的辅导者知道应该问哪些问题来发现抑郁症的根源，并找出相关因素。

A Common Cause of Depression in Christians

基督徒抑郁的常见原因

A common reason that Christians become depressed is because they ask the wrong questions of Scripture.

基督徒抑郁的一个常见原因是他们对圣经问了错误的问题。

They approach Scripture with worldly questions, hoping to uncover the answer to those questions.

他们带着世俗的问题在圣经中寻找答案，希望揭开这些问题的答案。

In fact, the Bible changes our questions, so as to answer its questions.

事实上，圣经改变我们的问题，它回答它提出的问题。

A Common Cause of Depression in Christians

基督徒抑郁的常见原因

An man-centered approach to God always result in delusion and disappointment. 用以人为中心的方式接近神总是会导致妄想和失望。

Starting off with one's own experience, and expecting God to make sense of that experience, in the way that one wants, will always result in anger and hostility toward God. 如果从人的经历出发，希望神按照人想要的方式赋予那段经历以意义，总是导致人以怒气和敌意对待神。

Wanting Life to Work 想要生活得好

Often the Christian comes to Christ with the misunderstanding that Christ will make his life “better,” solve his problems, make his life work out. 基督徒来到基督面前，常常错误地以为基督会使他的生活“变好”，解决他的问题，使他的生活顺利。

However, when life actually becomes more difficult, when there is more suffering, and seemingly more disappointment, the Christian often wonders, “Why did I come to Christ? Wasn’t the purpose to give me a better life?” 然而，当生活变得更困难，当有更多的痛苦，似乎更令人失望的时候，基督徒经常会想，“我为什么来到基督面前？难道不是为了让我生活变好吗？”

Some Want To Be Depressed

有些人想要抑郁

We generally think that all living creatures avoid pain and seek pleasure. 我们通常认为所有的生物都逃避痛苦，追求快乐。

However, as strange as it sounds, on account of sin, some people seek out depression, they want to suffer, they want to feel down.

然而，听起来很奇怪，因为罪，有些人想要抑郁，他们想要受苦，他们想要感到沮丧。

Why? 为什么？

For some, there is something in depression that deals with many heart issues. 对有些人来说，抑郁症能处理他内心许多问题。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as...

抑郁可以作为...

1. A form of covering
一种遮盖

One's depression keeps others unaware of, or unwilling to see, one's deepest sins. 抑郁使别人不知道或不愿意看到他最深的罪恶。

It creates a shield for one's heart, because others are always distracted by one's depression problem, always busy trying to solve that problem. 它为人创造了一个屏障，因为其他人总是被一个人的抑郁问题分心，总是忙于解决抑郁问题。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as... 抑郁可以作为...

2. An excuse for moral failing 道德沦丧的借口

Depression can become a plausible excuse for ongoing sin. 抑郁可以成为犯罪而不悔改的一个很好的借口。

If viewed through the lens of psychology, the depression can be used as an excuse for many moral failings. 如果从心理学的角度来看，抑郁可以作为许多道德失败的借口。

The depressed person is given a free pass on many issues.
抑郁的人在许多问题上都是免责的。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as... 抑郁可以作为...

3. A way to deal with fear 一种摆脱恐惧的方法

Depression seems like an antidote to various fears such as the fears of failure, rejection, and judgment. 抑郁似乎是各种恐惧的解毒剂，如对失败、孤立和审判的恐惧。

The depression offers one a plausible excuse for being unable to succeed.
抑郁为无法成功提供了貌似合理的借口。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as...

抑郁可以作为...

4. An identity 一种身份

Depression can give one an identity, a way to be “somebody” among others. 抑郁可以给人一种身份，一种在人群中“特立独行”的方式。

For example, one may create the persona of a brooding conflicted philosopher.
像一个陷在沉思中非常矛盾的哲学家。

This keeps people guessing and curious.
这让人们不断猜测和好奇。

People will pay attention to try to solve the “riddle” of one’s dark personality.
人们会很注意地解开一个人的黑暗人格之“谜”。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as...

抑郁可以作为...

5. A way to express anger 对愤怒的宣泄

One may harbor hatred toward others and depression is a way to live out that hatred.

一个人可能怀有对他人的仇恨，抑郁是一种活出这种仇恨的方式。

Much depression is anger against God for not doing something.

很多的抑郁症其实是对神没有做什么的愤怒。

The root of anger is really unforgiveness, either toward God or toward others. 愤怒的根源其实是不饶恕。他不饶恕神，或是不饶恕人。

So, we might think of certain types of depression as frustrated anger, anger which no longer has a way to express itself.

所以，有的抑郁是生气过后的沮丧，生气已经无法表达他的情绪了。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as... 抑郁可以作为...

6. A form of pride 一种骄傲

The depression may give one a feeling of superiority, that one's burdens and problems are worse than others. 抑郁可以给人一种优越感，他的负担和问题比别人大。

The depression may give the aura that one is more important than others and, therefore, carries greater grief, the burdens of a heavy world. 抑郁可以给人一种他比别人更重要的氛围，他背负的悲伤更大，他的重担更沉。

There may be the idea that one is better than others and, therefore, others cannot understand one's complex inner conflict. 意思是他比别人好，所以，别人无法理解他复杂的心理冲突。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as... 抑郁可以作为...	
7. A way to deal with social awkwardness 一种处理社交尴尬的方法	Depression can help one to deal with the fear of relationship, since one has an excuse for not having meaningful friendships. 抑郁可以帮助一个人处理对人际关系的恐惧，对他为什么没有朋友有了借口。
8. A way to avoid others' anger or criticism 一种逃避别人怒气或批评的方式	If one is always depressed, then others would be heartless to get angry at him. 如果一个人总是抑郁，别人就会克制自己不对他生气。 Thus, depression helps to deal with the fear of man. 因此，抑郁帮助他不对人感到惧怕。

Some Want To Be Depressed

有些人想要抑郁

Depression May Serve as...

抑郁可以作为...

9. An expression of selfishness
一种自私的表现

Depression can be a way to make sure that others are always serving one's interests and concerns. 抑郁用来确保他人总是为自己的利益和忧虑服务。

Those who are depressed might love the attention they get, and the focus on making sure that they are comfortable.

那些抑郁的人可能喜欢那些他们得到的关注，享受着人们总是想让他们感到舒服。

Such people are consumed by their sense of need. 这样的人被他们的感知需要所吞噬。

They feel that they need something from others, and this sense of need is never satisfied. 他们觉得需要从别人来的东西，这种需要永远不会得到满足。

Some Want To Be Depressed 有些人想要抑郁

Depression May Serve as... 抑郁可以作为...

10. A way to deal with one's guilt for sin
一种减轻罪恶感的方式

If one is depressed and suffering, one feels as though he has paid for his sin, that God must have mercy because of the price one has paid. 如果一个人抑郁了，受苦了，他就感觉已经为罪付出了代价，神必须怜悯他，因为他已经付出了代价。

People who try to earn God's favor tend to be depressed, because they can never be assured that they have sufficiently paid the price for sin. 那些想要用行为赚取神的恩惠的人往往会抑郁，因为他们永远都无法确保他们付出的够不够赎罪。

11. The outgrowth of actual guilt for sin
罪恶感的结果

Of course, a great deal of depression is the outgrowth of actual guilt for sin. 当然，非常多的抑郁是由对罪的罪恶感产生的。 The unrepentant heart is depressed; that is God's design to drive the sinner to himself. 顽固不化的心是抑郁的；这是神的设计，带罪人归向神。

Some Want To Be Depressed 有些人想要抑郁

“I am trying to live a simple life, but drama keeps finding me.”
我想要过简单的生活，但是戏剧却总是临到我。

Some delude themselves into thinking that they are living a godly life but, in reality, they seek any means possible to draw attention to themselves, and to make sure that others are always focused on their problems. 有些人自欺欺人，以为自己过着敬虔的生活，但实际上，他们想方设法吸引别人注意自己，确保别人总是关注他们的问题。

Student Exercise 学生练习

Can you think of other reasons that a person may deliberately want to be depressed? 你能想到一个人故意想要抑郁的其他原因吗?

What purpose does the depression serve in his or her life? 抑郁对他或她的生活有什么作用?

The Attempt to Avoid Anything Unwanted

想避开所有不想要的东西

Each day something happens to everyone that could cause depression.
每天每个人身上都会发生一些可能导致抑郁的事情。

Every day one either has physical pain, financial loss, a strained friendship, or stress over work.
每天都有身体上的痛苦，经济上的损失，紧张的友谊或工作上的压力。

The issue is not to create a bucolic life with no pain, loss, strain or stress. 问题不是要创造一种没有痛苦、损失、紧张或压力的田园生活。

The Attempt to Avoid Anything Unwanted 想避开所有不想要的东西

Some people try to remove all these things, to create a personal heaven on earth.

有些人试图去除所有这些东西，在地球上创造自己的人间天堂。

However, such efforts always fail, because God will not permit people to experience heaven on earth. 然而，这些努力总是失败的，因为神不允许人们在地上过天堂般的生活。

He wants them to long for him. 他想让他们渴慕他。

The Attempt to Avoid Anything Unwanted

想避开所有不想要的东西

The issue is not eliminating all negative elements from one's life.
问题不在于从一个人的生活中消除所有的消极因素。

The issue is interpreting all elements through the lens of Christ:
问题是透过基督的镜头来诠释一切：

1. That Christ has a good purpose in all that comes to pass (Romans 8:28) 基督在一切要来的事上都有美好的旨意
2. That Jesus is intimately involved in all the tiniest details of one's life 耶稣与每个人生命中的点点滴滴密切相关
3. That each day was carefully constructed to effect God's will 每一天都是精心安排的，来实现神的旨意

The Attempt to Avoid Anything Unwanted

想避开所有不想要的东西

Heart-related depression comes from viewing a God-directed world, with a man-centered lens.

与内心有关的抑郁来自于用以人为中心的视角看一个神主导的世界。

When one sees his world through the lens of man, he will become depressed, because he suddenly feels overwhelmed in dealing with life. 当一个人透过人的视角看世界时，他会变得抑郁，因为他突然感到难以应付生活。

How much have we caused ourselves to suffer for evils that never happen? (Thomas Jefferson)

我们还要为着从来不会发生的坏事受多少苦？（托马斯·杰弗逊）

Depression as a Product of Faulty Interpretation

抑郁症是错误解释的产物

Thus, an element in heart-related depression is a faulty interpretation of one's world, seeing life without God, against God, and in defiance of God. 因此，大多数抑郁症的一个因素是对世界的错误解释，认为生活中没有神，他反对神，藐视神。

As one attempts to live in a self-centered way, trying to make life work on one's own terms, there will always be deep disillusionment, and finally depression. 当一个人想以自我为中心地生活，让生活按照自己的定义发展，就必然会幻灭，最后抑郁。

Another issue to consider is that the more one tries to be happy, the less happy he will be. 另外，一个人越是想要快乐，越是不快乐。

Joy comes from abiding relationship with Jesus.
喜乐来自于与耶稣持续的关系。

Depression as a Product of Faulty Interpretation

抑郁症是错误解释的产物

Deuteronomy 申命记 8:2: Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. 你也要记念耶和华你的神在旷野引导你这四十年，是要苦炼你、试验你，要知道你心内如何，肯守他的诫命不肯。

So, difficult things happen to everyone.
所以，每个人都会遇到困难的事情。

The question is, “Through whose eyes are you interpreting those things?” 问题是，“你通过谁的眼睛来解释这些事情？”

A Christocentric vs. An Anthropocentric Life 以基督为中心的生命对比以人为中心的生命

The Christian usually does not understand that all his definitions have to be reshaped and redirected.

基督徒通常不明白的是，他所有的定义都必须重新塑造、得到归正。

The point is to see Jesus at the center of one's life, not to see one's life become more man-centered, or more satisfying to the flesh.

关键是要看到耶稣在一个人生命的中心，而不是看到一个人的生命变得更以人为中心或更满足于肉体。

This is why many Christians are depressed, because they cannot, or will not, see Jesus himself as the architect of their lives, directing them for eternal purpose, or redefining everything that they value and put their hope in. 这就是为什么许多基督徒抑郁的原因，因为他们不能或不愿把耶稣自己看作是他们人生的建筑师，为他们的永恒目标指引他们，重新定义他们珍视并寄予希望的一切。

Ways People Often Try to Alleviate Depression

人们经常用来缓解抑郁的方法

Ways People Often Try to Alleviate Depression 人们经常用来缓解抑郁的方法	
1. Taking a vacation 度假	
2. Buying new clothing 买新衣服 (Shopping often serves as a way to celebrate oneself.) 人们常常用购物为自己庆祝.	
3. Improving one's diet 改善饮食	
4. Getting more exercise 得到更多的锻炼	
5. Spending more time outside 花更多时间在户外	
6. Taking a hot bath 洗热水澡	
7. Calling a friend 给朋友打电话	
8. Taking antidepressant medication 服用抗抑郁药物	

Ways People Often Try to Alleviate Depression

人们经常用来缓解抑郁的方法

In themselves, the first seven are not wrong methods.
前七项方法本身没有错误。

(I believe taking antidepressant medication is a wrong method.)
但我觉得使用抗抑郁药物是错误的方法。

But, the issue is that these methods never deal with the heart, and may even cover over idols.
问题在于它们从不触及人心，甚至可能为偶像提供掩护。

Depression From Dysfunctional Idols

偶像不起作用后带来的抑郁

Sometimes depression results from dysfunctional idols.

有时抑郁是由失败的偶像造成的。

This means that one's functional gods are not working well, not giving one what he feels he must have.

这意味着一个人起作用的神失利了，没有给他他认为他必须有的东西。

The issue of idolatry is a large one, requiring a few PPTs to explain.

偶像崇拜是很大的课题，需要好几份 **PPT** 阐明。

However, the main issue is that people enter into covenants with idols as a way to gain from them what they believe God will not give them.

主要是人与偶像立约，想从偶像获得他们觉得神不会给他们的东西。

Depression From Dysfunctional Idols

偶像不起作用后带来的抑郁

Many times the issues about which people feel depressed are the same as idols which do not seem to work well.

人们感到抑郁时，很多时候就像是偶像不起作用的时候。

People who seem to be free from depression for a time, usually have found a way for an idol to temporarily work.

人们常常让一个偶像暂时为他们工作，就会在短时间内不感到抑郁了。

An important note about idols is that they make the heart anxious and unstable. 关于偶像，有一点很重要，那就是他们会让人焦虑不安。

Thus, one easily falls into depression. 因此，拜偶像的人很容易抑郁。

When Idolatry Causes Depression 当拜偶像引起抑郁

Sometimes people fall into depression, but they are completely unaware of what caused it.

有时人们陷入抑郁，但他们完全不知道是什么引起的。

The counselor is wise to raise questions concerning idols of the heart.
辅导者对内心偶像进行提问可能是有智慧的。

When idols appear to be working, there can be a feeling of euphoria.
当偶像起作用的时候，会有一种兴奋感。

When idols fail, depression sets in.

偶像失败的时候，抑郁就油然而生。

Those who continue in heart idolatry, inevitably find themselves in greater depression.

那些心里在拜偶像而没有悔改的人，一定会觉得自己变得更抑郁。

Idols promise blessing, but only deliver a curse.

偶像答应给人祝福，但只会带来咒诅。

When Idolatry Causes Depression 当拜偶像引起抑郁

Idols may be difficult to uncover, because they cloak themselves behind activities that seem altruistic or godly.

当偶像藏在看似利他或是敬虔的活动背后时，就难以揭开。

Seldom does idolatry actually look evil.

偶像崇拜很少一眼看上去就是恶的。

It usually wears an attractive mask so that people feel that they are doing good, and living well, when, in reality, they are consumed with evil desires and pursuits. 它通常带着一个好看的面具，让人们觉得他们在做好事，生活得很好，但其实他们被邪恶的欲望与追求所消耗。

Ways People Often Try to Alleviate Depression

人们经常用来缓解抑郁的方法

Ways People Often Try to Alleviate Depression 人们经常用来缓解抑郁的方法	The Idol That Might Be Resuscitated 可能复苏的偶像
1. Taking a vacation 度假	Pleasure 喜乐
2. Buying new clothing 买新衣服	Image 形象
3. Improving one's diet 改善他们的饮食	Health 健康
4. Getting more exercise 得到更多的锻炼	Escape 逃避
5. Spending more time outside 花更多时间在户外	
6. Taking a hot bath 洗热水澡	
7. Calling a friend 给朋友打电话	Praises of men 人的称赞
8. Taking antidepressant medication 服用抗抑郁药物	Shifting blame to the somatic as a way to avoid heart idols 避开 内心的偶像，把责任转移到身体

Ways People Often Try to Alleviate Depression 人们经常用来缓解抑郁的方法

There may be various idols that are resuscitated, and made to function for a time. 人们会使各种各样的偶像复苏，并在一段时间内发挥作用。

This only means that the depression returns, when these idols fail again. 这只意味着当这些偶像再次失败的时候，抑郁又回来了。

The Christian should pray, search Scripture, and receive wise counsel, to uncover idols of the heart.

基督徒应该祷告、查考圣经，接受智慧的辅导，来揭开内心的偶像。

The Severity of Depression for Sexual Sin

性犯罪导致的严重抑郁

While depression can be caused for many reasons, such as the loss of one's life savings, the loss of a job, the loss of a good friend, or the death of a loved one, the depression that comes from sexual sin is especially severe. 抑郁症的产生有很多原因，比如失去了一生的积蓄，失去了一份工作，失去了一个好朋友，或是失去了心爱的人，而由性犯罪引起的抑郁症尤其严重。

When someone is suicidal, often the root issue, the deepest pain, is regret over sexual sin. 当有人想自杀时，常常他的根源问题，他最大的痛苦是为性罪感到懊悔。

Sexual sin carries with it a particular sting, because it is an assault against one's own person. 性罪有着特殊的刺痛，攻击人自己。

1 Corinthians 哥林多前书 6:18: Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 你们要逃避淫行。人所犯的，无论什么罪，都在身子以外；惟有行淫的，是得罪自己的身子。

The Severity of Depression for Sexual Sin

性犯罪导致的严重抑郁

For many Christians, the guilt and shame of past sexual sins remains like a heavy burden on the soul, never truly being lifted, never really being resolved. 对许多基督徒来说，过去性犯罪的罪恶感和羞耻感就像灵魂上的重担，永远无法真正卸下，也永远无法真正解决。

The counselor should be aware that because of the embarrassment over sexual transgressions, the counselee may be reluctant to share this. 辅导者应该意识到，由于难以启齿的性罪，被辅导者可能非常不愿意分享。

However, when a counselee is so severely depressed that there are suicidal ideations, often guilt over sexual sin is at the root of the problem. 然而，当受辅者非常抑郁，以至于有自杀的念头时，性犯罪的负罪感往往是问题的根源。

A Word About Psychotropic Medication

说说精神药物

Psychotropic medications tend to blunt the personality and conscience, so that a person does not have any feeling of God's presence, or his own sin. 精神药物往往会钝化人格和良知，使人感觉不到神的存在或自己的罪恶。

Thus, such medications are dangerous, because they allow the underlying problem to fester and grow.
因此，这些药物是危险的，因为它们允许潜在的问题溃烂和增长。

When there is reliance on medication, the heart issues are never confronted, and so repentance never takes place.
依赖药物的时候，内心的问题从来没有被正视过，所以悔改从来没有发生过。

The medication shifts the blame to the body, so that the heart is emboldened to continue its rebellion.
药物将责任转移到身体上，这样内心就有勇气继续悖逆。

A Word About Psychotropic Medication

说说精神药物

That said, if psychotropic medications have been relied on for an extended period, they should not immediately be removed from a treatment plan. 也就是说，如果精神药物已经被依赖很长一段时间，它们不应该立即从治疗计划中删除。

These medications should be gradually reduced, with the plan of completely eliminating them.
这些药物应该逐渐减少，最后完全消除它们。

This should also be done under the supervision of a medical doctor.
这也应该在医生的监督下进行。

However, the counselor's goal is to remove all hinderances to the heart, finding the right confrontation with sin. 然而，辅导师的目标是除去心中所有的障碍，找到与罪正确对抗的方法。

A Word About Psychotropic Medication

说说精神药物

Although, as mentioned previously, there may be various physical ailments which need to be treated, such as hypothyroidism. 尽管，如前所述，可能有些身体病症需要医治，比如甲状腺机能减退。

In the case of physical ailments, medication would clearly be appropriate. 在身体病症的情况下，药物显然是合宜的。

However, that type of medication is not psychotropic in nature. 但这类药物与精神药物截然不同。

Which Questions Are You Asking?

你在问什么问题？

Some depressed people state that the Bible is silent on their issues and questions. 有些抑郁的人说圣经没有讲过他的问题和症结。

The Bible only seems silent because one asks the wrong questions of it. 只有当人们问错了问题的时候，圣经才看似沉默。

Imagine going to a job interview. 想象一下去面试。

The interviewer asks the questions, and dictates the direction the interview takes. 面试官问问题并决定面试的方向。

Based on certain questions, the interview may go very well. 基于某些问题，面试可能会很顺利。

Based on others it may go poorly. 基于其他因素，它可能会变得很糟糕。

Who Is the Interviewer? 面试官是谁?

The same could be said of the Bible. 圣经也是如此。

Who is the interviewer, and who is the interviewee?
谁是面试官，谁是被面试者?

Who determines the correct questions, and who answers them?
谁来决定正确的问题，谁来回答这些问题?

In another way, who determines Scripture's course and teaching?
换句话说，谁决定了圣经的课程和教训?

Questions to Consider 需要考虑的问题

Is everything that one loves and hates defined by God's Word?

人一切的爱恨，都是藉着神的话语定义的吗？

Is one whole and undivided in his walk with God?

他完完全全、一心一意地与神同行吗？

Are you asking God to search you, and find the source of your depression?

你是在请求神来寻找你，找到你抑郁的根源吗？

Are you willing to listen to the answer he gives?

你愿意听他的回答吗？

The Internal Voice 内在的声音

One of the key elements in depression is that the depressed person listens to an internal voice that is dark, hopeless, and critical. 抑郁的一个关键因素是，抑郁的人会听内心中黑暗、无望和批评的声音。

The internal voice is a constant droning despair.
他内心的声音是一种无休止的绝望。

No matter what the situation, no matter what the news, that internal voice turns that situation or news into something negative and life-threatening. 不管什么情况，不管什么新闻，内心的声音会把这种情况或新闻变成负面的，危及生命的东西。

Listening to a New Voice 聆听新声

The only real cure for depression which comes from the soul is to shut down the internal voice of despair, and replace it with the internal voice of Christ, speaking through his Word.

让灵魂深处的抑郁得到真正医治的唯一方法就是关闭内心深处的绝望之声，用基督在祂的圣言中的声音取而代之。

This means making a decision to stop listening to one's own voice, and to start listening to God's.

这意味着你要下定决心不再听从自己的声音，而要开始听从神的声音。

John 约翰福音 10:3-5: 'The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice.'

看门的就给他开门。羊也听他的声音。他按着名叫自己的羊，把羊领出来。既放出自己的羊来，就在前头走，羊也跟着他，因为认得他的声音。羊不跟着生人，因为不认得他的声音。必要逃跑。

Listening to a New Voice 聆听新声

One's own internal voice may ironically be the voice of a “stranger.”
具有讽刺意味的是，一个人内心的声音可能是一个“陌生人”的声音。

That is why one should not listen to his own voice, if it is not the voice of the Holy Spirit (the illumination of the Holy Spirit). 所以若不是从圣灵来的（不是圣灵的光照），人就不应该听自己的声音。

Additionally, it can be difficult work to listen to God's Word.
听神的话是一件困难的工作。

It takes effort and willpower. 这需要努力和毅力。

Sometimes just asking a friend to read God's Word will help immensely. 有时候，请朋友来读神的话会有极大的帮助。

Student Exercise 学生练习

In three minutes, seek to persuade another person that God is good.
在三分钟内，试着说服另一个人神是好的。

What will you specifically mention? 你具体会提到什么？

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

1. God's works of creation 神的创造之工

The creation is a lens through which we see God's character.
透过创造的镜片我们看到了神的属性。

Thus, it is no surprise that many people find depression diminish after they spend more time in nature. 因此，很多人花更多时间享受自然的时候就会发现抑郁消失了，这并不意外。

Something about God's creation is soothing, reassuring, and brings peace. 神的创造是舒心的、给人安慰，让人平安。

Thus, for example, those who plant flowers, who plunge their hands into soil, often find their depression lessened. 因此，当人们种植花草，他们将手插进泥土中，总是会使得抑郁得到缓解。

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

Interacting with the creation is a means of receiving communication from God, about this goodness and invisible qualities.

神使用受造界传达祂良善、看不见的属性。

Four Aspects of God to Consider in Depression 抑郁时思考神的四个方面

Considering the greatness of God's work, helps the believer to be reminded of God's omnipotence, and to be reminded of the believer's own smallness, by comparison. 思想神的伟大工作帮助信徒记住神的无所不能，相对于祂，再看看自己多么渺小。

This helps one to see his need for God, to see that God is far larger than any problem one faces, that nothing is too great for God to accomplish (Psalm 诗篇 104:24). 这帮助人们看到对神的需要，看到神远比面临的问题更伟大得多，没什么神无法成就的。

The Christian cannot help but praise God, when he sees God's great works. 当基督徒看到神伟大的工作时，唯有情不自禁地赞美。

The Christian is reminded that the one who can create, can also provide (Psalm 诗篇 124:8).

基督徒记得有创造之能者，也必有护理之能。

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

2. God's holiness 神的圣洁

God's work in the believer's life is always to promote holiness.

神在基督徒生命里的工作总是使人更圣洁。

God loves to see holiness grow in his people, because this shows his own character in, and through, them. 神喜爱看到祂的百姓在圣洁中成长，因为在他们里面、通过他们体现出祂自己的属性。

The Christian who loves God's holiness will be transformed into God's holiness. 基督徒爱神的圣洁，就会变成神圣洁的样子。

Part of loving God's holiness is hating one's own sin (and the sin in others). 爱神的圣洁包含对自己罪（和他人的罪）的憎恶。

This hatred of sin is the beginning of being free from sin.

这一对罪的憎恶是脱离罪的开始。

Four Aspects of God to Consider in Depression 抑郁时思考神的四个方面

As the Christian is increasingly free from sin, he sees his spirit renewed, and seldom falls into depression. 当基督徒不断地脱离罪，他就会看到他的灵得到了更新，而不落入抑郁。

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

3. Redemption in Christ 在基督里的救赎

There is no greater love that God could express to us than to allow his Son to die for us. 神无法表达比为我们牺牲祂的爱子更大的爱了。

Christ's crucifixion was such an ugly and reprehensible event. 基督被钉十字架是这样一副丑陋和应受谴责的事件。

But, it was also the greatest source of joy to a Christian, the means of his salvation. 却也是基督徒最大的喜乐源泉和他的得救之法。

If God would not withhold his only Son from us, he will not withhold any good thing that is part of our growth in holiness (Romans 罗马书 8:32). 神既不爱惜自己的儿子为我们众人舍了，岂不也把万物和他一同白白地赐给我们吗？

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

4. One's eternal inheritance held by Christ in heaven 想想人在天上由基督所保守的永恒产业

The Christian who struggles with depression is called to remember the great treasure that awaits him in heaven.

受到抑郁困扰的基督徒要记住在天上等待他的大财宝。

That treasure is Jesus himself. 那财宝就是耶稣自己。

God describes heaven as a kingdom (Matthew 马太福音 25:34), because, like a kingdom, it is a place of greatness and honor. 神将天形容为天国，因为如同一个国一样，它是大有威严和荣耀的地方。

The Christian is called to remember that this world is not his final home. 基督徒要记住世界不是他永恒的家乡。

There is a far greater home that awaits him. 等候他的家乡要大得多。

Four Aspects of God to Consider in Depression

抑郁时思考神的四个方面

Everything in this world is designed by God to decay and fade, to be lost, and broken. 在这个世上的一切在神的设计中是会朽坏会褪去的，也是会失落会破碎的。

That is part of God's plan to draw his people to desire an inheritance that can never decay, or be lost (1 Peter 彼得前书 1:4).

那是神计划的一部分，吸引人们渴望不会朽坏不会失落的产业。

The more one considers heaven, the more that earthly things fade in importance. 人越是思想天上的事，地上的事就越是不重要。

Jesus' Suffering 耶稣的受苦

The only way out of a depression of the soul is through faith in Jesus.
摆脱心灵抑郁的唯一方法就是信靠耶稣。

Remembering Jesus' suffering for us is key to placing one's light and momentary troubles in an eternal cosmic balance (2 Corinthians 哥林多后书 4:17).

我们这至暂至轻的苦楚，要为我们成就极重无比永远的荣耀。

When one considers what Jesus had (kingship of the universe), and what he gave away to save us, this suddenly puts a new light on one's own suffering. 当一个人想到耶稣所拥有的 (宇宙的王权) 和他为拯救我们所付出的，这突然给他自己的痛苦带来了新的曙光。

Learning to Walk Again 重新学习走路

There was once a bizarre medical case of a woman whose muscles worked, but she could not feel them.

曾经有一个奇怪的医学案例，一个女人的肌肉起作用，但她感觉不到。

Her muscles stopped communicating with her, so that she had no idea if she was standing, sitting, or lying down. 她的肌肉停止了与她的交流，所以她不知道自己是站着，坐着，还是躺着。

She had no sense of her muscles being present.

她感觉不到自己的肌肉在那里。

She could not walk, because she had no idea where her legs were.

她不能走路，因为她不知道自己的腿在哪里。

Learning to Walk Again 重新学习走路

As part of her medical treatment, she stood in front of a mirror so as to see her legs. 作为治疗的一部分，她不得不站在镜子前看自己的腿。

She had to consciously command her legs to move.
她必须有意识地控制自己的双腿移动。

Rather than feeling her legs, she had to think about them and make them function. 她不去摸她的腿，而必须去想它们，让它们发挥作用。

Through a long rehabilitation process, she was finally able to walk.
经过长时间的康复疗程，她终于能走路了。

But she would always need to think about it. 但她总是需要好好想想。

Learning to Walk Again 重新学习走路

There is something about this vignette which is similar to the way a depressed person needs to function.

这个故事有点像一个抑郁的人需要回归正常的生活。

Instead of feeling like doing something, he must do it through a conscious willed choice.

他必须通过有意识的选择来做某事,而不是感觉做某事。

The Christian must believe and act on what God says, rather than feeling what God says.

基督徒必须相信并遵行神说的,而不是感受神所说的。

Learning to Walk Again 重新学习走路

This becomes the great act of faith, that the Christian would live by what is unseen, and not by what he feels. 这就变成了信仰的伟大行为，基督徒会活在看不见的东西里，而不是他的感觉里。

(This is similar to Hebrews 11:1.) 这与希伯来书 11:1 相似。

Thus, the depressed person must learn to walk by faith, when everything in him tells him not to walk. 因此，抑郁的人必须学会以信心行事，就算他内心的一切告诉他不要这样走路。

This part of the healing process, to give one's will to God, to let him have supremacy, even when one's emotions are absent or communicate the opposite. 这是治疗过程的一部分，把自己的意志交给神，让他拥有至高无上的权利，即使他的感觉并没有这样。

Having Faith to Continue 有信心继续

1 Peter 1:22: “Love one another deeply, from the heart.”

彼得前书 1:22: 以致爱弟兄没有虚假，就当从心里彼此切实相爱（“从心里”有古卷作“从清洁的心”）。

Such a statement is not based on feeling, but on a conscious willed decision to love others, even when it is inconvenient.

这句话不是建立在感情的基础上，而是建立在有意识地去爱别人的意志上，即使在不方便的时候。

Such a Scripture verse may be helpful in leading a depressed person out of his depression, because it offers a life goal again; it offers an incentive to feel and act.

这样一段经文可能会帮助一个抑郁的人走出他的抑郁，因为它提供了一个人生目标，它提供了一个动机去感觉和行动。

Having Faith to Continue 有信心继续

It takes the focus off of oneself, and places it upon an eternally-directed purpose. 它把你的注意力从自己身上转移到一个永恒的目标上。

God commissions Christians to love. 神命令基督徒去爱。

This gives one a reason to live and act.
这给了一个人生活和行动的理由。

Paul's Interpretation 保罗的解读

Romans 罗马书 5:2-5: ...through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. 我们又藉着他，因信得进入现在所站的这恩典中，并且欢欢喜喜盼望 神的荣耀。不但如此，就是在患难中也是欢欢喜喜的。因为知道患难生忍耐，忍耐生老练，老练生盼望，盼望不至于羞耻；因为所赐给我们的圣灵将神的爱浇灌在我们心里。

Paul was under tremendous pressure, suffering intensely, and harassed on every side.

保罗的压力很大，受着极大的痛苦，四面受累。

However, there was a lightness to his spirit, a brightness to his life, and an unshakable joy. 然而，他的灵里有一种轻省，他的生命有一种光明，一种不可动摇的快乐。

Having Faith to Continue 有信心继续

The Christian does not obey God because he feels like it.
基督徒不是因为他觉得喜欢才去顺服神。

He obeys God because he believes in what is unseen.
他顺服神，因为他相信看不见的。

The Christian often does not understand what is happening to him.
基督徒常常不明白发生在他身上的事。

But he knows that God is sovereign and good, and that is enough.
但他知道神是至高无上的，是良善的，这就够了。

Student Exercise 学生练习

Complete the following sentence: 完成下面的句子:

“I saw changes in my experience of depression, when...”
“当...的时候，我看到我的抑郁改变了。”

Student Exercise 学生练习

“I saw changes in my experience of depression, when...”

“当...的时候，我看到我的抑郁改变了。”

1. I began to read Scripture to myself, and no longer just listened to my own voice of hopelessness.

我开始给自己读圣经，不再只听自己绝望的声音。

2. I prayed honestly, rather than trying to make deals with God and trying to bargain for happiness.

我真诚地祈祷，而不再与神做交易，不再为快乐讨价还价。

3. I looked honestly at my own heart, and saw my controlling sense of need. 我诚实地看到自己的心，看到了我的控制欲。

4. I took a small step to ask another person how they were doing and really listened to the answer. 我向前迈了一小步，去问另一个人他们做得怎么样，然后真正地倾听那个人。

It made me forget about myself for a while.

它让我暂时忘记了自己。

Student Exercise 学生练习

“I saw changes in my experience of depression, when...”

“当...的时候，我看到我的抑郁改变了。”

5. My wife became ill, and I was forced to stop thinking about myself, in order to care for her.

我的妻子病得很重，为了照顾她，我不得不停止考虑我自己。

6. A friend called me, and prayed with me.

一个朋友打电话给我，和我一起祈祷。

7. I forgave my father, and trusted God to right past wrongs.

我饶恕了我的父亲，相信神会纠正过去的错误。

8. I gave up my pride, and stopped feeling entitled to things.

我放弃了骄傲，不再觉得自己有权得到什么。

Student Exercise 学生练习

“I saw changes in my experience of depression, when...”

“当...的时候，我看到我的抑郁改变了。”

9. I was willing to fight the battle for my heart and faith.

我愿意为我的内心和信仰而战。

10. When I took responsibility for my own anger and complaining.

当我为自己的愤怒和抱怨负责时。

I realized I was bringing my sadness on myself.

我意识到我把悲伤带给了自己。

11. I gave up the thought that I would only be loved if I performed

well. 我不再认为只有表现好才会被爱。

12. I stopped feeling that, because of past sin, God could never really use me for anything meaningful.

我不再觉得因为过去的罪，神无法真正使用我做任何有意义的事。

Student Exercise 学生练习

“I saw changes in my experience of depression, when...”

“当...的时候，我看到我的抑郁改变了。”

13. I started to repent of many sins that I had been holding onto, and covering up. 我开始悔改我一直以来顽固不化的罪，承认我一直掩盖它们。

14. I started to take my responsibilities seriously, to be a good husband and father.

我开始认真对待我的责任，做一个好丈夫和好父亲。

Practical Ideas for Combatting Depression

对抗抑郁的实用想法

Practical ideas for combatting depression do not mean man-centered, or behavioral, methods.

对抗抑郁症的实用想法并不意味着以人为中心或是行为上的方法。

These are methods grounded in Christ, in the gospel and in his Word.

这些方法都是以基督、福音和他的话为根据的。

Thus, the term “practical” does not mean “pragmatic,” or just doing what works.

因此，“实用”一词并不意味着“务实”或只做有用的事。

It refers to concrete and specific steps to draw closer to Christ, and to be sanctified by Christ. 它指的是亲近基督、被基督成圣的具体步骤。

Practical Ideas for Combatting Depression

对抗抑郁的实用想法

Besides daily reading Scripture and praying, and weekly attending worship with other Christians, the following are some ideas to deal with episodes of depression. 除了每天阅读圣经、祷告，与其他基督徒参加敬拜，以下是一些抑郁发生的时候能够做的事。

1. Write down the purpose statement for your life.

写下你人生的目标。

Allow a Christian you trust to see it, and help you revise it.

让你信任的基督徒看一看，帮助你修改。

2. Write down the ways that a friend has blessed you.

写下朋友对你的祝福。

Share these with your friend. 和你的朋友分享这些。

3. Whom do you need to forgive? 你需要饶恕谁？

Is there someone from whom you need to ask for forgiveness?

你是否需要向某人请求饶恕？

Practical Ideas for Combatting Depression

对抗抑郁的实用想法

4. Share with someone what God has been teaching you in Scripture.
与人分享神在圣经中教导你的。

5. In modern culture, hardship and suffering have no value, but what value have they produced in you? Consider the following Scripture:
在现代文化中，艰难困苦毫无价值，但苦难在你身上产生了什么价值呢？
思想以下经文：

a. Psalm 诗篇 119:67

b. 2 Corinthians 哥林多后书 1:8-10

c. Hebrews 希伯来书 5:8

d. James 雅各书 1:2, 3

From Depression to Mission 从抑郁到使命

One of the most effective ways to combat depression is to take up the Lord's mission. 与抑郁抗争的最佳方法之一就是承担起主的使命。

2 Timothy 提摩太后书 4:6: For I am already being poured out like a drink offering, and the time for my departure is near.
我现在被浇奠，我离世的时候到了。

Determine to pour oneself out as a drink offering for the building of God's kingdom. 为了神国的建造下决心浇奠自己。

Be willing to die to yourself. 愿意向自己死。

Consider Jesus' words in Matthew 16:25, "For whoever wants to save his life will lose it, but whoever loses his life for me will find it."

想想耶稣在马太福音**16: 25**中说的：因为凡要救自己生命的，(生命或作灵魂下同) 必丧掉生命。凡为我丧掉生命的，必得着生命。

From Depression to Mission 从抑郁到使命

Losing one's life for Christ is the secret of being whole, stable, and joyful (Matthew 马太福音 16:25).

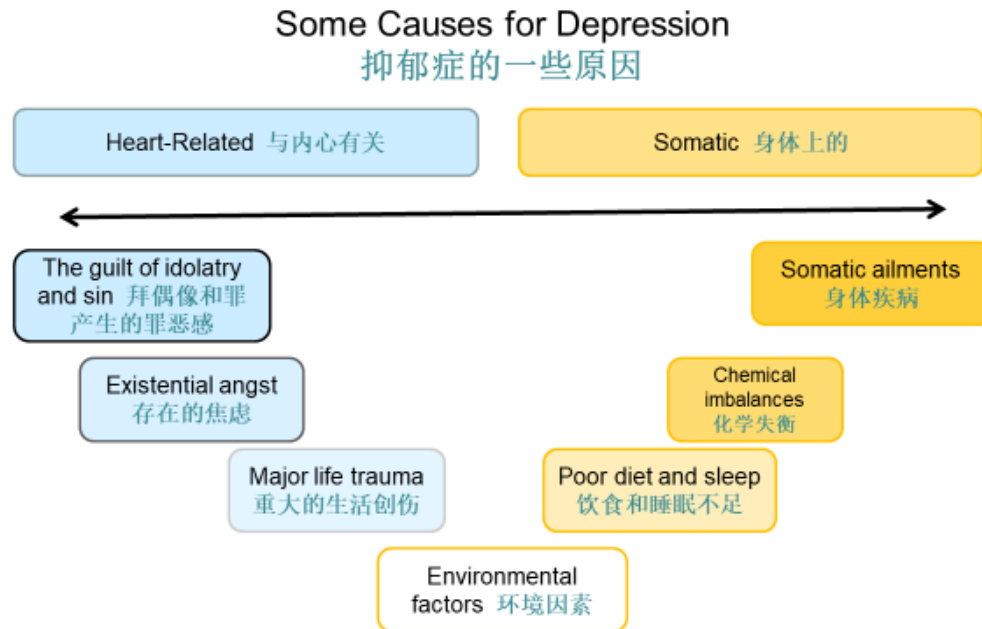
为基督舍命是让自己变得完整、稳定而又充满喜乐的秘诀。

The Christian makes a conscious decision to die to himself, to be crucified with Christ (Galatians 加拉太书 2:20), to surrender everything for Christ.

基督徒下定决心向自己死，与基督同钉十字架，向基督降服一切。

Review Questions 复习样题

1. From the class notes, “Depression,” explain the following diagram in detail. 根据课件《抑郁症》阐述下表。



Review Questions 复习样题

2. From the class notes, “Depression,” in the section, “Some Want To Be Depressed,” offer five of the items from “Depression May Serve as...”根据课件《抑郁症》，在“有些人想要抑郁”这部分内容中，阐述五项“抑郁可以作为什么”。

3. From the class notes, “Depression,” explain all four of the “Four Aspects of God to Consider in Depression.”
根据课件《抑郁症》，阐述“抑郁时思考神的四个方面”中的四个方面。