

How To Cope With Teenage Depression

Web. 1828 defines DEPRESSION: A sinking of the spirits; dejection; a state of sadness.

Depression has reached epidemic proportions in our society. Teen burnout!

Not all people sink to depths of depression as others for at least three reasons.

1. Individual personality traits differ as a result some people by nature are more susceptible.
2. Some simply don't confront the problems that lead to depression.
3. Young ladies are, by design, more emotionally oriented than boys are, thereby more susceptible.

We often hear them using phrases: "In the pits" "moody" "got the blues" "blahs" or "I feel down in the dumps today."

Teenagers are often much more susceptible to moments or even days of depression because they are normally not nearly as stable as adults. Their bodies are going through radical changes of life. The "little things always seem to get you down."

I. Symptoms of depression in teenagers:

1. Erratic sleeping and eating habits; loss of appetite.
2. Infatuations... love sick; daydreaming "puppy love leads to a dogs life"
3. "I don't care" attitudes; irritable; quick tempered
4. Procrastination & irresponsibility
5. Unkept appearance: slob! No self worth.
6. Frequent illnesses or head aches
7. Unable to get along with parents, teachers, and even friends.
8. Worry; unable to concentrate or think normally.
9. Feelings of hopelessness
10. Inability to accept or follow good advice.

II. Causes of depression:

1. Death, divorce & adoptions
2. Guilt of past failures
 - a. Family relationships; inadequate grades in school; athletics; things just don't go the way they planned.
3. Holding grudges, hatred
4. Sexual sins, impure relationships
5. Sins in general:
 - a. Cheating on exams; stealing; gossip & slander
 - b. Bearing false witness: malicious intentional, defamatory, speech about another, ridicule, criticism, and exploiting or "putting down" others to make yourself look good.
 - c. Covetousness; due to peer pressure
 - d. Rejection from peers, parents, boyfriends, girlfriends, humiliation.
6. Bitterness: "short changed in life" results in being unhappy and indulging oneself in self-pity. "nobody loves me," "nobody cares."
 - a. Ugly, fat, short, too skinny, stupid, big ears stick out, uncoordinated, bad hair days, pimples. They believe that they deserve better!
 - b. Some are just plain envious of others: money, friends, talent, looks, athletic ability, brains, home life, and "freedom" like everyone else seemingly has!
 - c. Many are jealous of others righteousness: spirituality, parents, purity, dignity, integrity and morality.
 - d. Many bemoan (feel sorry for themselves) physical or mental handicaps.
7. Fear the future: *2 Tim 1:7 For God hath not given us the spirit of fear; but of power, and*

of love, and of a sound mind.

- a. Peer approval or disapproval
- b. Academic obstacles
- c. Financial obstacles
- d. Lack of plans or goals for the future, indecision.
- e. Loneliness, jealousy
- f. Spiritual insecurity
- g. Growing up and its responsibilities
- h. Will I ever get married?
- i. Death

III. Where does depression lead?

1. Rebellion against the establishment: piercings, tattoos, ridiculous hair styles
1 Sam 15:23 For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.
2. Running away from home: prostitution, homosexuality *Prov 29:15 The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.*
3. Academic failure... quit and drop out of school.
4. Irresponsibility and irrationality *Prov 20:20 Whoso curseth his father or his mother, his lamp shall be put out in obscure darkness.*
5. Drugs (including alcohol), bad or wrong companionships; *1 Cor 15:33 Be not deceived: evil communications corrupt good manners.*
Prov 28:24 Whoso robbeth his father or his mother, and saith, It is no transgression; the same is the companion of a destroyer.
6. Sex, hoping to fill that loneliness
Prov 6:32 But whoso committeth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul.
7. Rock culture: Angry music... Hollywood scene...fantasyland (My brother went to CA to find himself and "make it big." *Deut 32:31 For their rock is not as our Rock, even our enemies themselves being judges.*
8. Cult or the occult for security or sense of belonging. *Prov 28:7 Whoso keepeth the law is a wise son: but he that is a companion of riotous men shameth his father.*
9. Materialism... got to buy a new car, stereo system or clothes, thinking, "that will make me feel better."
10. Suicide... death

How do we cope with it and attempt to cure teenage depression? First of all, a person who is lost in this world without Jesus Christ as their own personal Savior has every reason to be depressed, for this world offers no hope and no real solutions, only distractions or the treatment of these symptoms. (Ritalin, Prozac etc.)
(See... Eph. 2: 12--)

Pascal once said, "There is a God shaped vacuum in the heart of every man that can be satisfied by none other save God himself."

Let's look at how we can avoid the things that depression leads young people to do.

IV. Depression is basically self-pity: Feeling sorry for oneself. All human beings are subject to this feeling because of our selfish human nature. Thus self-pity is a result of selfishness, the opposite of which is selflessness.

1. Face all self-pity as sin and selfishness.

Phil 2:14-15 Do all things without murmurings and disputings: 15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

2. Confess you sin and restore fellowship with the Lord.

1 John 1:8-9 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. Prov 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

3. Remember your relationship and position in Christ.

Eph 1:6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. Col 1:13-14 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: 14 In whom we have redemption through his blood, even the forgiveness of sins:

4. Realize the Bible is true and that it applies to you!

Rom 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

God is shaping you to fit you for the future. Trials, tribulations, disappointments and obstacles in your life, all serve to strengthen you and to make you a better person for it.

5. Pray and ask God to provide the grace and necessary assurance you must have in your time of need.

Heb 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Phil 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

6. Open your Bible and ask God to give you comfort from His Word.

John 15:3 Now ye are clean through the word which I have spoken unto you.

Ps 119:9 Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

Be reminded of what you have in Christ: Salvation, assurance, forgiveness, Bible filled with precious promises, home prepared for us in heaven, indwelling and comforting Holy Spirit, parents that love us, Christian school, etc. Often times one negative thing in our lives serves to offset all the positive things we have going for us.

7. If possible, withdraw yourself from situations, people, places, that cause depression or serve to negatively influence you.

1 Cor 15:33-34 Be not deceived: evil communications corrupt good manners. 34 Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.

8. Set some realistic short and long-term goals for yourself. Write them down and check up on yourself. "An idle mind is the devils workshop." Get busy! Stay busy!

1 Cor 15:58 Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

9. Try to foster a positive attitude with in yourself. Look at problems, obstacles and crisis in your life as opportunities to build and focus on the things you have going for you.

Eph 3:20-21 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, 21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

Phil 4:13 I can do all things through Christ which strengtheneth me.

John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

Phil 4:6-9 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

10. Set your priorities straight in your life for joy! (Jesus, Others, Yourself)
Give God his rightful place in your life. Don't just say it... Live it!
Go and do something for someone else. Be a blessing to somebody else.

11. In everything give thanks. Watch and expect God to teach you a valuable lesson.
1 Thess 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

12. Obey and honor your parents:

Eph 6:1-3 Children, obey your parents in the Lord: for this is right. 2 Honour thy father and mother; (which is the first commandment with promise;) 3 That it may be well with thee, and thou mayest live long on the earth.

Prov 23:24-26 The father of the righteous shall greatly rejoice: and he that begetteth a wise child shall have joy of him. 25 Thy father and thy mother shall be glad, and she that bare thee shall rejoice. 26 My son, give me thine heart, and let thine eyes observe my ways.

Depressed people are usually self-centered, selfish people, who bathe themselves in self-pity. They are only concerned about themselves. Depressed people are unthankful and ungrateful for what they have. My advise to you, to avoid such a pitiful attitude is to count your blessings, name them one by one, and while you are at it write them all down one by one! It will surprise you what the Lord hath done!

Prayer: Father, help us to help our children by heeding this teaching ourselves, and being an example of the godly and spirit filled parent that we are suppose to be.

Invitation Song: pg. # 439 Count Your Blessings!