



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF MAY 22, 2006



**“The Emotional and Spiritual Connection:  
Dark Night of the Soul”**

**Featuring:  
Dr. John Townsend**

## **I. Introduction**

What could God be speaking to me using my depression?

Depression has a spiritual/transcendent aspect to it

You can't understand depression until you understand the failure of cheering up

What is Depression?

Some sort of frozenness of life

- Hard time feeling like they are involved in life

## **II. Kinds of Depression**

1. Less Severe - You can function but don't enjoy it

2. Severe - Can't get out of bed, can't function

3. Bi-Polar - Extreme mood swings

4. Flashbacks/Past Memories

## **III. Some Facts About Depression**

1. 20-50% of the population is affected

2. Affects women more than men

3. 2<sup>nd</sup> biggest killer by 2020

4. #1 "loss of business" issue

## **IV. Causes of Depression**

1. Overwhelming loss

2. Overwhelming circumstances

3. Biological/Medical

4. Trauma

## **V. Character Reasons/Issues of Depression**

1. Emotional detachment

2. Lack of Boundaries

3. Can't accept who we are today/would rather be someone we are not

## **VI. Unhelpful Things People Say**

1. You just need a break

2. It's a sin problem

3. Be more positive/happy

4. 1,2,3 Christian answers (Have a quiet time, work out, take supplements)

## **VII. How to Deal with Depression**

1. Make sure you are connected

2. Get medical attention

3. Look at the patterns of your life

4. Get around life

5. Learn to grieve/let go

**Next week on “Solutions” we will not be live due to observance of Memorial Day. Instead we will air a previously taped program titled:**

**“Maximum Success for Life: Reality, the Key to Success”**

**We will return live the following week with the next program in this series.**

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## **Resources:**

### **BOOKS:**

#### **Rescue Your Love Life**

By Drs. Henry Cloud and John Townsend  
[www.integritypublishers.com](http://www.integritypublishers.com)

#### **How People Grow**

By Drs. Henry Cloud and John Townsend  
[www.zondervan.com](http://www.zondervan.com)

#### **Hiding From Love**

By Dr. John Townsend  
[www.zondervan.com](http://www.zondervan.com)

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New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

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