

# Psychiatric Medication and Spiritual Depression

Charles Hodges

**Introduction:** Why is this a struggle? 2 Corinthians 7:6

- I. The shifting definition of depression: Sadness or disease?
  - A. Normal sadness.
  - B. Disordered sadness.
  - c. Does understanding the difference help?
  
- II. Medication and the Bible: Is this a right or wrong question?
  - A. Romans 14 and Christian liberty.
  - B. Making a choice in light of Christian liberty: medically wise or unwise?
    1. Benefit/goods.
    2. Side effects/harms.
  - C. What other Scripture applies?
    1. What is our primary goal in life? 2 Corinthians 5:9, 1 Corinthians 10:13-14
    2. This is a wisdom decision. Verses 15-23, just because we can...
    3. Our choice will affect others and should reflect that fact. Verse 24
    4. Making an Ephesians 5:15-16 choice. Can I serve God better?
    5. Not being controlled by medication. Verses 17-18.
    6. Make the choice with a heart of gratitude. Verse 20.
    7. Avoiding the trap of the painless happy life. Luke 9:23, 2 Corinthians 7:10

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## III. What do I do?

### A. The medical me!

1. Yes, I write prescriptions!
2. Talking about the research, the NIMH and 80% and talking to someone.
3. Talking about side-effects and changing personalities
4. Black box warnings.
5. Letting them make the choice, then asking them again.

### B. The Biblical Counseling me!

1. I send all counselees for a complete physical and lab work up who have not been seen in the last year or who seem to need it.
2. Most counselees are already taking medication by the time they come for counseling. Do not make it the issue of counseling.
3. Normally sad have a great opportunity to learn how to deal with sadness over loss biblically.
4. Those with disordered sadness benefit from knowing that while their baseline mood may be with them indefinitely, they can learn to respond to it in a way that does not complicate their life even more!



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