Depression, from a biblical perspective, is portrayed as a complex condition with both negative and potentially redemptive aspects. A counselee faced with depression presents with a persistent mood characterized by intense feelings of inadequacy, sadness, hopelessness, and decreased interest in normal activities. The Bible does not explicitly use the term "depression," but it addresses experiences of deep sadness and emotional distress through various accounts and teachings. Scripture contains numerous examples of individuals grappling with profound sadness, such as King David, who expressed feelings of being "struck down," "withered," and "crushed in spirit" in several psalms.

Depression can be caused when many stressful life issues become overwhelming, including anger, failure, rejection, divorce, abuse, fear, feelings of futility, lacking control over one’s life, grief and loss, guilt or shame, loneliness or isolation, negative thinking, destructive misbeliefs, and stress. There is suffering associated with these responses and our culture promotes an intolerance to suffering. In this false belief, suffering is seen as bad and must be eliminated promptly by whatever works to relieve these feelings. *“ ‘My thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’ ” (Isaiah 55:8–9)*

Self-pity can also be associated with depression, where individuals may find a self-centered , even perverse joy in feeling sorry for themselves. When self-pity is the debilitating culprit, not fatigue or lack of sleep. It feels so good to feel so bad. There is a reason for their depression—you can’t gain your “life” when you are gripping it with all your strength (Matt. 16:25).

Concealing sin can often lead to depression. Confession provides mercy and forgiveness. Psalm 32:3–5; Prov 28:13.

However, depression is not always viewed negatively in a biblical context. It can serve as a catalyst for spiritual growth and self-reflection.

The Bible acknowledges that depression can be a result of wrong thinking or spiritual problems, which gives hope because God's Word offers answers for these issues.

The redemptive purpose of depression may lie in its ability to prompt individuals to reevaluate their life goals and align them with biblical principles, such as pleasing God, loving others, and seeking His kingdom. The process of overcoming depression is an opportunity to develop a biblical action plan, which includes using the Bible to gain God's perspective, fulfilling responsibilities, and prioritizing tasks according to biblical principles.

The counselor should prepare counselees to recognize certain heart attitudes that will influence thinking leading to depression. People struggling with sadness that has been labeled as depression, will need to answer three questions. (1) Where does the sadness come from? (2) What benefit can come from it? (3) What can we do as Christians to bring it to a useful end?

To counteract those natural selfish tendencies, counselors should constantly be communicating the following biblical truths to their counselees. The heart-change caused by faith in them will influence thinking, and both actions and emotions will be different as a result.

* God is sovereign, and He is in control.
* God has promised that he will not allow you to be tempted beyond your God-given ability to respond in obedience and His ability to provide a way of escape, that you may be able to endure (1 Cor. 10:13).
* God desires for you to abide in Him and experience the power of the Holy Spirit for daily living (John 15–17).

Depression can lead to a deeper reliance on God and a recognition of our need for spiritual renewal.

The Bible emphasizes the importance of turning to God in times of emotional struggle, as exemplified by David's reminder that "The LORD is near the brokenhearted; he saves those crushed in spirit" (Ps 34:18).

You cannot make yourself happy, but you can make yourself rejoice, in the sense that you will always rejoice in the Lord. Happiness is something within ourselves, rejoicing is ‘in the Lord’. (Phil 4:4).