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Announcing [Christians and Depression: Real Questions & Real Answers](#)

January, 2008



Greetings everyone!

I am pleased to let you know that the Christians and Depression E-book is finally completed! It will be available soon on both of my websites.

To let you know a little bit about it, I thought I would include excerpts from the first chapter for this month's newsletter. January can be such a difficult time for many people and perhaps you will find some encouragement here.

Christians and Depression: Real Questions & Real Answers

By Barbara L. Klika, MSW, LCSW, Personal Life Coach



In these pages, we will take a look at questions that real people have about being both a Christian and one who is struggling with depression. As an experienced clinical therapist in private practice, I have evaluated and treated many people with depression. I know that there is often some kind of faith struggle for those who profess belief in Jesus of Nazareth yet feel depressed.

I will address the issue of maturity and how it--or the lack of it--impacts our understanding of depression, faith and the quality of relationships. You know, there are many people who have grown older without also growing wiser. Sometimes our own lack of wisdom hinders our well being, but just as often, it may be the immaturity of others.



As a personal Life Coach, I stand with people who recognize a problem area in their life that needs attention. I don't provide evaluation and diagnosis of a medical problem but instead help them focus on their own strengths, even in the midst of struggle. Personal strength and resilience can be easily forgotten in the whirl of treatment options.

In this e-book I have gathered the questions that real people were kind enough to provide in an online survey during early 2006. My survey question:

What is your single biggest concern about Christians and Depression?

Here are some of the responses:

- Is it true if we get depression, then we are failing God?
- Do Christians choose to be depressed. i.e. Is it their will, or are they being put to the test by God the Father?
- Why do we feel alone, why has God left our presence and shut the door?
How do we depressed get back on gods side to have faith to survive instead of just wanting to exist or wanting to die?
- How can I share with my family in a constructive way about the struggles with depression, without "dragging" them down, as I desire to model a life pleasing to the Father?
- WHAT CAUSES A SOUL TO DROP INTO THE PIT OF DESPAIR? IF THE SPIRIT OF CHRIST DWELLS IN HER, NO DARKNESS SHOULD EVER ARISE.

These are some of the questions addressed and I believe they represent the heart cry of many Christian Believers today.

Depression is among the most commonly diagnosed illnesses in America. A mixture of life circumstances, health problems, relationship problems and fears about God's view of them seem to fuel these fears to such depths of intensity that people aren't sure how to recover. In another day, there may have been people close by who had the time and wisdom to walk their family members or friends through such dark days. Today, so many people lead busy, hurried lives that they may not see the concerns in others and take time to encourage them. They may be busy because they are trying not to slip any further into their own fears.

Since depression is so common, should we be surprised that people who identify themselves as Christian Believers struggle with it as well as non believers?

Yet because of the nature of faith, and the assumptions that go along with it, people who are depressed and who are Christian, often combat unique prejudices and fears, whether from people around them or from within themselves.

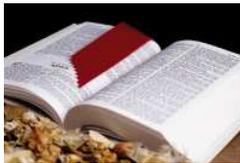
The clinical diagnosis of a problem can be a relief when it brings together the right mixture of information, medication, prayer and hope. It can also bring problems; mental health diagnosis has been used as a reason to deny insurance benefits, employment or child custody. Among Christian Believers, there is a wide range of understanding about people who suffer depression. There may be support, yet also, at times, misunderstanding which leads to condemnation. I intend to help make sense of these matters with real, practical ideas and information.

These terms "Christian" and "Depression" at first glance, may seem very obvious and easy to define, but in truth, there are many different ways to understand each of them. It is also true that the maturity of the people involved will affect understanding as well.



To be sure that we are talking about the same things, I will provide some background information first. After defining both terms and providing information on maturity, I will generally move from the most frequently expressed to the least voiced concerns.

You will find resources to do some checking of your own about diagnosis and treatment for depression. It is certain that you will not agree with every observation made. Rather than debate, I will celebrate that these comments stirred up thoughtful responses, and with you, agree to defer to Messiah in all things, looking forward all the more to the Day He will return and settle all division. Where Scripture is concerned, I strongly urge you to check out anything I have written here and compare it to the Word for yourself.



Study to show yourself approved to God, a workman that needs not to be ashamed, rightly dividing the Word of Truth. II Timothy 2: 15 NKJV

It is my hope and prayer that these words will:

- help you to ask good questions and find reliable answers about depression.
- meet you where you are, helping you to understand relationships more fully.
- take you more deeply into the Word and relationship with our Messiah.
- encourage you as you encourage those around you.

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Well, that's a good portion of the first chapter for your review.

Marilyn and I look forward to hearing from those of you who would find this a helpful resource. The introductory, limited time sale price is \$25.

You can obtain a downloadable PDF version of the entire 168 page book within minutes. Instructions for working with an e-book format are included. When the book is available through the sites, we accept payment with major credit or debit cards through PayPal.

You may also contact us at the office to discuss payment and delivery options before then. email address: [info@stillwatersgb.org](mailto:info@stillwatersgb.org) OR [info@setapartmingb.org](mailto:info@setapartmingb.org) OR (920) 336-7005.

In Service to our Messiah,

Barbara L. Klika, MSW, LCSW, Personal Life Coach  
Marilyn Zierhart, Personal Life Coach

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