

SPIRITUAL DEPRESSION – ITS CAUSES AND CURE

CHAPTER 2 – THE TRUE FOUNDATION

I. REVIEW

A. What is “IT?”

B. Why do we care?

In a world where everything has gone so sadly astray, we should be standing out as men and women apart, people characterized by a fundamental joy and certainty in spite of conditions, in spite of adversity

C. What are the Cause(s)?

II. INTRODUCTION

Romans 3:28 - For we hold that one is justified by faith apart from works of the law

III. COMMON SITUATION OF THOSE DEALING WITH SPIRITUAL DEPRESSION

The particular trouble with which we are dealing tends, I find, to be common among those who have been brought up in a religious manner rather than those who have not been brought up in a religious manner

They are in the realm of the church, and very interested in Christian things, and when you compare them with the New Testament description of the new man in Christ you see at once that there is a great difference...They see other Christians rejoicing and they say ‘well, I cannot say that I am like that. That person has got something that I have not got,’ and they would give the whole world if they could but get something which the other person has

IV. DIFFERENCE BETWEEN JUSTIFICATION AND SANCTIFICATION

They often concentrate on the question of sanctification, but it does not help them because they have not understood justification. Having assumed that they were on the right road, they assume that all they have to do is continue along it

<p>Q. 33. <i>What is justification?</i></p> <p>A. Justification is an act of God’s free grace, wherein he pardoneth all our sins, and accepteth us as righteous in his sight, only for the righteousness of Christ imputed to us, and received by faith alone.</p>	<p>Q. 35. <i>What is sanctification?</i></p> <p>A. Sanctification is the work of God’s free grace, whereby we are renewed in the whole man after the image of God, and are enabled more and more to die unto sin, and live unto righteousness.</p>
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V. THE TRUE FOUNDATION

Justification by Faith

What do “True Christians” have? What do they know?

A. Conviction of sin

Mark 12:30,31

Q. 1. *What is the chief end of man?*

A. Man's chief end is to glorify God, and to enjoy him forever.

If you are not doing so you are a sinner of the deepest dye, whether you know it and feel it or not.

Of course by omitting particular sins we aggravate our guilt before God, but you can be innocent of all gross sins and yet be guilty of this terrible thing of being satisfied with your life, of having pride in your achievements and of looking down on others and feeling that you are better than others.

Romans 3:19

If you have never realized your guilt or guiltiness before God you will never have joy in Christ. It is impossible

B. Righteousness of Christ

Romans 3:22-29

Look to Christ and to Christ alone, and not to ourselves in any respect whatsoever

VI. DO YOU BELIEVE IT?

2 Tests:

A. Are you “good enough” to be a Christian?

B. *Do you believe that from the stand point of salvation and justification with God that all of our customary distinctions are abolished at a stroke and that what determines whether we are sinners or not is not what we have done, but our relationship to God?*

Would you like to be rid of this spiritual depression? The first thing you have to do is to say farewell now once and for ever to your past. Realize that it has been covered and blotted out in Christ. Never look back at your sins again. Say: “It is finished; it is covered by the Blood of Christ.” That is your first step. Take that and finish with yourself and all this talk about goodness, and look to the Lord Jesus Christ. It is only then that true happiness and joy are possible for you. What you need is not to make resolutions to live a better life, to start fasting and sweating and praying. No! You just begin to say: “I rest my faith on Him alone who died for my transgressions to atone.”