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# NOT OK

dealing with depression in the church

JANUARY 29–31

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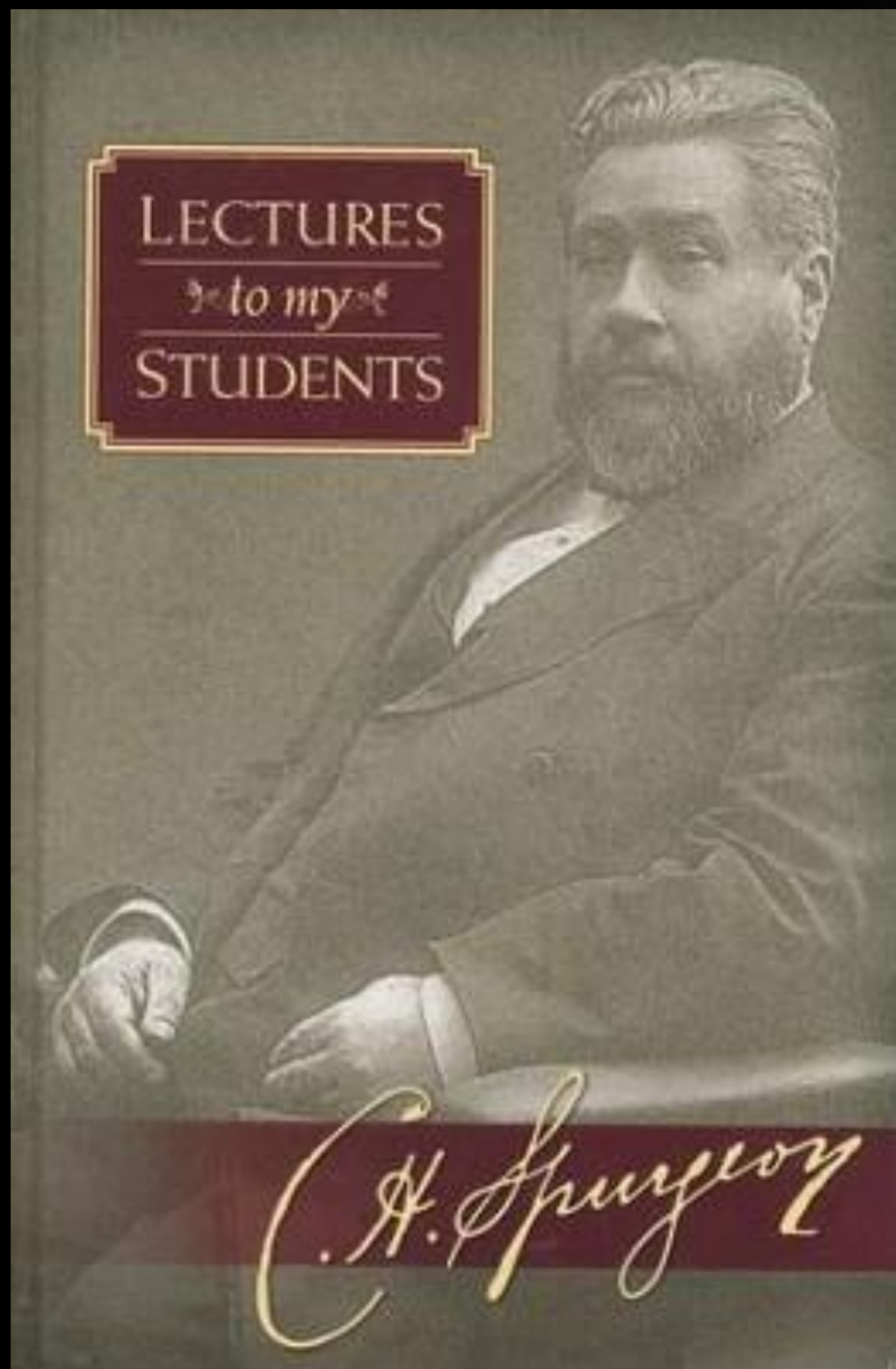
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Charles H. Spurgeon  
and the Minister's  
“Fainting Fits”

Dr. Pearson Johnson III





In essence, he sets out from the beginning to encourage ministers with the somewhat discouraging news that they will face times of depression. But, as we will see, he is encouraging in the end as these experiences are ultimately for our good and for the glory of God.

# Reasons Why Ministers are so Prone to Depression

We are men

Many of us are unsound  
physically



We are developed as ministers  
greatly through our  
depressions

Our work lays us open to  
attacks in the direction of  
depression

Our position in the church is  
conducive to depression

We often cultivate [unhealthy,  
imbalanced] sedentary habits

# Times Ministers May Be Most Given to Depression

Following hours of  
great success

Before any  
great achievement

In the midst of long stretches  
of unbroken labor



In the experience of a  
crushing stroke

# When troubles multiply in long succession

The evil will also come upon  
us, we know not why

# Why does God allow this?

- It is the way that God works
- It helps us in our dependence
- It yields special praise to God
- It yields heaven all the sweeter
- It yields our work all the better

*Be not dismayed by soul trouble. Count it no strange thing, but part of the ordinary ministerial experience. Should depression be more than ordinary, think not that all is over with your usefulness. Cast not away your confidence, for it has great recompense of reward. (169)*

*Cast the burden of the present, along with the sin of the past  
and the fear of the future upon the Lord, who forsaketh not  
his saints.*

*Care more for a grain of faith than for a ton of excitement.  
Trust in God alone.*

*Be content to be nothing, for that is what you are. When your own emptiness is painfully forced upon your consciousness, chide yourself that you ever dreamed of being full, except in the Lord. Set small store by present rewards; be grateful for earnest by the way, but look for the recompense hereafter.*



*Any simpleton can follow the narrow path in the light; faith's rare wisdom enables us to march on in the dark with infallible accuracy since she places her hand in that of her great Guide.*

*“Come fair or come foul, the pulpit is our watchtower , and the ministry our warfare; be it ours, when we cannot see the face of our God to trust under the shadow of his wings.”*

*(Lectures, 170)*



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