ACBC Exam Study Guide

Counseling Exam 5

Q: Provide a biblical definition of depression. Describe manifestations of depression in both the inner and outer man. Explain the biblical factors that drive depression. Detail several biblical strategies to respond to depression.

Definitions:

Depression

Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

Key Resources:

Ed Welch, *Depression* (P&R) – booklet

Ed Welch, *Depression: A Stubborn Darkness* (P&R)

Bob Somerville, *If I am a Christian, Why Am I Depressed?* (Xulon, 2014)

Jay Adams, *What to Do When You Become Depressed* (Timeless) – booklet

Jay Adams, *The Christian Counselor’s Manual* (Zondervan, 1986), 350, 375-376.

Jay Adams, *Competent to Counsel* (Zondervan, 1986), 126, 146.

Laura Hendrickson & Elyse Fitzpatrick, “Depression: An Opportunity in Disguise” in *Will Medicine Stop the Pain?* (Moody, 2006), 97-120.

Wayne Mack, *Out of the Blues* (Focus, 2006).

Robert Smith, *The Christian Counselor’s Medical Desk Reference* (Timeless, 2000), 195-223.

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press)