



*Sermon Series—Dealing with Depression
Part Four—Responsibility and Respect*

Proverbs 13:12 **Message Bible:** Unrelenting disappointment leaves you heartsick....
Pastor Dan Turpin WestCoastChurch.com

Objective Sentence: Everyone can overcome depression by embracing two practices in the marriage relationship.

One thing common to almost every form of depressive illness is treatability. *Gregory S. Beattie*, the author of *Social Causes of Depression* said, “One of the ... causes for depression is a stressful marriage. When a marriage is not working it turns into a stressor, which often causes depression among females and leads males to alcohol abuse. An article in *Harvard Health* affirms, “Good marriages promote health and longevity, but stressful and shattered marriages have the opposite effect, especially for men. Married people are, in general, **happier, healthier and live longer** than single people [*Pastor Dan: confirming God’s Word to be valid when it proclaims that it is not good for a man or woman to be alone*]. A good marriage can improve a man’s health and according to research done at Harvard in a major survey of 127,545 American adults found that married men are **healthier** than men who were never married or whose marriages ended in divorce Men who have marital partners also live longer than men without spouses; men who marry after age 25 get more protection than those who tie the knot at a younger age, and the longer a man stays married, the greater his survival advantage over his unmarried peers. The more **educated a man’s wife**, the lower his risk for coronary artery disease and risk factors such as hypertension, obesity, high cholesterol, smoking, and lack of exercise. Men who married more educated women also enjoyed a lower death rate than men married to less educated women. *Harvard Health states*, “Marriage can also be one of the most significant sources of long-lasting social stress. Marital distress can lead to depression and depression can lead to marital distress. Being **nagged or criticized** or **feeling let down** by your other half are just some of the triggers for dissatisfaction with marriage. Laboratory-based [bio-psycho-social] research has provided suggestive evidence that *poor marital quality might lead to overall deterioration in physical health*. In a British study of 9,011 civil servants linked stressful relationships to a **34% increase in the risk of heart attacks and angina**. And an Israeli study of

10,059 men found that stressful family relationships appeared to **increase the risk of dying from a stroke by 34%**. Divorce also triggers a sharp increase in the rate of suicide by men, but not women. In his book *Men are from Mars and Women are Venus*, Dr. John Gray declares, "There are so many divorces today that occur, not because people don't love each other, but because people have **not been taught how to successfully communicate love** to their partners, share that love and receive the love they need. Without undergoing education in learning to give and receive love we are left with our **instincts. Instinctive behavior** is automatic behavior. Instinctively and automatically when we love someone we give them what we want. When we are unaware of the needs of our partner we will forget their needs and give them what we like. Sometimes the love that we share instinctively and automatically is poison to the other person and benefits nothing (talk about problems/not talk about problems). If we want our relationships to be successful we must learn a whole new way of giving love, different from the way our instincts want to give it.

#1. *One thing common to almost every form of depressive illness is treatability.*

A. *Dr. Chuck T. Falcon: Marital relationships are often important in depression. An appreciative, complimentary, supportive marital relationship can protect you from depression despite challenging life stresses. Unhappy marriage increased the risk of clinical depression 25 times over untroubled marriages. Research shows depressed people are more likely than other people to interact with their spouses and children in hostile or angry ways.*

1. *Responsibility (Ephesians 5:22-23 Wives, submit to your own husbands, as to the Lord. ²³ For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body.) Pastor Dan: When Paul speaks of the husband being the head of the wife as Christ is the head of the church he is speaking of the husband's role of responsibility as the head of his wife and not the issue of authority. Husband's it is our responsibility to take the lead in depression proofing our marriages by following that which the Word of God requires of us a husband in a marriage relationship.*

a. *Ephesians 5:23 Amplified Bible: Husbands, love your wives [seek the highest good for her and surround her with a caring, unselfish love],*

**** *If one partner suffers from chronic depression, it is very likely that the other partner will develop depression as well.***

**** *Pastor Dan: Women have a need for love and when a husband loves his wife he empowers her to give him what he needs from her.)***

**** *Pastor Dan: True Happiness in marriage comes by giving yourselves, one to the other. The root of all marital evils is selfishness. Mr. Husband, you must respect your wife by striving to make those things which are important to her, important to you. You can have a happy home and successful marriage if you will recognize God as the source of romance and love and affection, for these are His gifts. Build your home on a spiritual foundation. With God, you will have everything; without Him, you will have nothing.***

**** *Pastor Dan: In the beginning of our marriage I used to take credit for 75% of our problems and gave Nancy 25% of the credit for our problems. Now I have changed giving myself only 25% of our problems and continuing to attribute 25% of our problems to her. Now we only responsible for 50% of our problems and the other***

50% belongs to ignorance—and ignorance can be fixed.

** **Proverbs 18:22** He who finds a wife finds what is good and receives favor from the Lord. *Pastor Dan:* Blessing to be a good husband and blessing to do what a good husband should do.

** *Sydney J. Harris:* Marriage cannot make anyone happier who does not bring the ingredients for happiness into it. Marriage does not make us better, any more than it makes us worse; it merely intensifies what is already there, for good and for bad.

b. Ephesians 5:29-33 Amplified Bible: For no man one ever hated his own body, but [instead] he **nourishes ... and cherishes** it, just as Christ does the church ...
³²This mystery [of two becoming one] is great; but I am speaking with reference to [the relationship of] Christ and the church. ³³However, each man among you [without exception] is to **love his wife as his very own self** [with behavior worthy of respect and esteem, always seeking the best for her with an attitude of lovingkindness]

** **Ecclesiastes 9:9 (NLT)** Live happily with the woman you love through all the meaningless days of life that God has given you under the sun. The wife God gives you is your reward for all your earthly toil.

** *Pastor Dan:* Husbands we are to nourish and cherish our wives the way we nourish and cherish our own bodies. If our body is hungry what do we do? We feed it. If our wives are hungry for our attention and for our affection we are required by the Word of God to give her attention and affection. If our body is cold and tired what do we do? We warm our body and give it rest. If our wives are cold because she has not felt the warmth of our love we are to warm her with love. If our wives are tired then we are to encourage her with kindness so she can find rest in our presence. If our wives are hurting because of the pressures, responsibilities, bumps and bruises life thrusts upon them in their daily routines then we are bind up their wounds by giving attention to the area in which her hurt.

** The ceremony is the first and oldest in all the world, celebrated in the beginning of creation. God prepared Adam's Bride as a gift for him. Eve was made by God, not out of His head to rule over Him, nor out of His feet to be trampled upon by Him, but out of His side to be equal with Him, under His arm to be protected by him, and near His heart to be loved by him.

** **Proverbs 5:18-19 (LB)** Be happy, yes, rejoice in the wife of your youth. ¹⁹Let her breasts and tender embrace satisfy you. Let her love alone fill you with delight.

** **1 Peter 3:7 (NLT)** Husbands, give honor to your wives . Treat her with understanding as you live together. If you don't treat her as you should, your prayers will not be heard.

2. **Respect** (*Ephesians 5:22-24, 33* Wives, **submit** yourselves to your own husbands as you do to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything ...the wife must **respect** her husband.

- a. *Pastor Dan:* When Paul speaks of a woman being submissive (**Ephesians 5:22**) and respecting her husband (**Ephesians 5:33**) he is addressing the issue of a man's need for respect and not her obedience to every requirement that he may demand of her.
- b. *Pastor Dan:* Men have a need for and loves respect. When a wife respects her husband she empowers him to give her what she needs from him.)
- c. *Pastor Dan:* Miss Bride, you must respect your husband by striving to make those things which are important to him, important to you. True Happiness in marriage comes by giving Yourself, one to the other. The root of all marital evils is selfishness. You can have a happy home and successful marriage if you will recognize God as the source of romance and love and affection, for these are His gifts. Build your home on a spiritual foundation. With God, you will have everything; without Him, you will have nothing.
- d. **1 Peter 3:1, 3 Message Bible:** v1) Be good wives to your husbands, responsive to their needs. v3) Cultivate inner beauty, the gentle, gracious kind that God delights in.
- e. **1 Corinthians 7:3 NLT** The wife should fulfill her husband's needs. **NKJV** Let the wife give to the husband the affection due to him. **LB:** The woman should give her husband all that is his right as a married man
- f. *Dr. Willard Harley; Priorities of the Sexes:* A man desires: sexual fulfillment; recreational companionship; an attractive spouse; domestic support; and the admiration of his wife.
- g. **Philippians 2:2** Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than him or herself. ⁴Let each of you look out not only for his own interests, but also for the interests of others
- h. *Martin Luther:* Let the wife make her husband glad to come home
- i. *Ann Landers:* A successful marriage is not a gift; it is an achievement.

3. Romance is Not the Answer to Depression

- a. *Dr. Chuck Falcon:* Avoid the mistake of hunting for romance to satisfy your unhappiness, poor self esteem, depression or other problems.
- b. *Dr. Chuck T. Falcon:* A common, very painful mistake in dating is to become completely engrossed in a person who has little true concern for your needs and feelings. Staying and being in any unfulfilling relationship ties up much of your time and deepest emotions. The danger in remaining in an unfulfilling relationship is you become accustomed to unhappy situations, making you an easy target for people who will use you.
- c. *Sydney J. Harris:* Marriage cannot make anyone happier who does not bring the ingredients for happiness into it. Marriage does not make us better, any more than it makes us worse; it merely intensifies what is already there, for good and for bad.

Closing and Invitation; I remember so vividly in Mr. Boyd's seventh grade geography class him talking about the surface of the Dead Sea being 1388 feet below sea level, making it earth's lowest elevation on land. We learned that the Dead Sea is really not a sea at all; it is a lake that is so high in salt content that the human *body can float easily and not sink*. The salt in the Dead Sea

is as high as 35% – almost 10 times the normal ocean water. And all that saltiness has meant that there is no life at all in the Dead Sea. No fish. No vegetation. No sea animals. Nothing lives in the Dead Sea. And hence the name: Dead Sea.

What I learned about the Dead Sea stayed etched in mind but it wasn't until many years after seventh grade that I heard about the Sea of Galilee located just a few miles north of the Dead Sea and the Tale of the Two Seas. Unlike the Dead Sea, the Sea of Galilee is pretty, teeming with rich, colorful marine life. The Sea of Galilee is home to over twenty different types of fish. Same region, same source of water, and yet while one sea is full of life, the other is dead. How come?

The River Jordan flows into the Sea of Galilee and then flows out. The water simply passes through the Sea of Galilee keeping Galilee healthy and vibrant. The Dead Sea is so far below sea level, that it has no outlet. The water flows in from the river Jordan, but does not flow out. There are no outlet streams. It is estimated that over a million tons of water evaporate from the Dead Sea every day, leaving it salty, full of minerals and unfit for marine life.

Just as the water flowing in and out of the Sea of Galilee so in our lives we must learn how to take negativity into our lives and then letting it out so that it does not remain inside and stagnate causing us to become emotionally putrid. One of the causes creating depression and allowing it to define our lives is that we take in a constant flow of negativity that remains psychological reservoir. Because there is no positive outlet for it to be released from our emotions, day after day, month after month and year after year we live inside a stagnation process occurring in our lives. There is a principal and law pertaining to life. It is simple and typical of what has happened to the Dead Sea for thousands of years. We take negativity inside of us but do not have a positive outlet to let it flow out of us. One thing that is common to most people struggling with depression is that they begin to withdraw inside themselves for whatever reason and become emotionally stagnant. We must reach outside of ourselves and give because the way one gives is the way one lives. 8-20-17