

## THE INNOCENCE IN DEPRESSION

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What actually brings a person to the point of depression and suicide? Is it possible a single event or crisis could affect a human brain to a level in which they are totally dependent on others? This inability to deal with a crisis can lead to exhaustion from the lack of sleep, dehydration, a chemical imbalance from the inability to eat, fatigue, vulnerability, dysfunctional relationships, and the list goes on until the healthy brain is in severe trouble. How does the loss of control play in depression? Some curious questions frequently asked about depression: Does God have a role in a person's depression; does the process simply start with the root problem of the inability to completely trust God while dealing with a life crisis; how much faith does it take to avoid depression? The Bible states if we only have the faith of a grain of mustard seed a mountain can be moved. Also, we have heard only trust and obey. Oh, how simple that sounds. At times, even a tiny amount of faith is hard for a healthy brain to muster up. Is it possible this frail, poor soul would be held responsible for whatever happens, including suicide, in a depressive state of mind?

What happens to the brain when it regresses into depression? Some have considered the fact that a person may have a dark side of the brain where they escape when unable to deal with stresses of life. Also, some say those in depression are influenced by good and evil and will be held accountable for all things done and said while in this depressive state of the mind.

On the other hand, the Bible teaches God will never forsake or leave us, nor will He allow us to go through more than we can bear. What happens when we think we can't bear anymore? Is it possible God allows one to *escape* into depression in order to be removed from the unbearable crisis at hand? Could it be when one is in the state of depression, the brain is likened to the brain of a child under the age of accountability?

How does suicide play in one's mental state of depression? A depressed person may attempt to escape a crisis by suicide rather than trusting God. At this point, one desperately needs divine intervention in order to work through the crisis. One might surmise since *God loves the little children*, He would never abandon them including the *child-like* adults who are in the depths of depression. Although God may have withdrawn from the *depressive mind*, He is still watching over and protecting his children because He loves them and wants them to trust and put their faith in Him. On the other hand, we must not forget man has his own *free will*. It appears for those who are determined to commit suicide; God does not interfere with their *free will*.

On the other hand, some say it is questionable whether those who are not believers in God would be held responsible for death by suicide while in depression. Although, it is the opinion of others who contend neither group would not be held accountable for their death by suicide. However, they would be in grave judgment for their life previous to their state of depression, and with suicide they would have no further opportunity to repent and accept God's love and forgiveness.

What goes on in the innocence of depressed i.e., *child-like* brain? As we know, children are individuals with different personalities, and they act out differently. Therefore, depressed adults with *child-like* minds may deal with their psychological frailties in many different ways. The *child-like* theory is based on a recent study of a patient named Burt. Like a child who is totally dependent on the caregiver, Burt exhibited a pure, innocent, unconditional love for his significant other. He was very affectionate and clingy not wanting his significant other to leave his side.

Burt saw himself as worthless and without God: although not of Satan. Even though Burt had been a *professing Christian* before his depression and attempted suicide, he did not seem to recognize God or feel His presence. On the other hand, nor did he appear to be influenced by evil. Burt saw things with a *child-like* purity, love and tenderness. During depression, he lost much of his memory, obsessed about everything, and was totally dependent on his caregiver. He could not drive a car or park the car in a completely empty parking lot. He was obsessed with the thought that everything about his body and physical surroundings were broken and in need of repair, according to Burt. For instance: He obsessed about the air conditioner being broken, the water pipe under the ground was broken, the hot-water heater was broken, the car gas tank was empty, even with a full tank, all food in the freeze was spoiled and had to be thrown out, and the list goes on and on. In addition, he was obsessed with his appearance. For instance he thought all his clothes were too big and insisted his entire wardrobe be laundered each week to make sure he did not wear a garment twice. He wanted his hair cut every other day and spend hours at a time, throughout the day, in front of the mirror. Needless to say, he had absolutely no self-esteem. Burt experienced flashbacks of all his secret discretions and bad personal choices made in the past. In his state of mind, he was able to see more clearly the error of those choices. Since he already had such poor self-esteem, he was able to look at his past and not be concerned with protecting his ego. This enabled him to see his mistakes that brought him to this helpless state, and he was able to start dealing with them. Like a child who enjoys telling little secrets, Burt enjoyed revealing all his secrets *with the just a matter of fact attitude*. Without reservations, he went right down a mental list of things he had handled improperly. In this state of innocence, *child-like*, he freely talked, in detail, about his secrets. He revealed the incidence with regrets about what he had missed in life (it's all about self, good or bad) rather than remorse and repentance for what he had done. Since he appeared not to have God in his life, even at that time, he continued to feel helpless, hopeless and doomed. Slowly as he began to heal, he realized and came to the conclusion that he had been a very selfish person in the past, and he made promises to change if he could only have another chance in life. However, he still felt doomed and did not see another chance for him in the future. Since he did not appear to recognize God in that state of mind, he did not ask for God's forgiveness nor did he want anything to do with the Bible, prayer, or church at that time.

Finally, as Burt began to recuperate from depression (grew up so to speak) he was not as clingy to his significant other and started doing activities on his own. In addition, It was evident the Holy Spirit and the evil spirit was apparently returning in Burt's life when he started reading the Bible and going to church again. On the other hand, Burt was reluctant to talk about his past. By this time, he had worked through his crisis, recognized his bad personal choices and shortcomings, and he had recognized what was really important in his life. As much as I would like to report Burt benefited from his experience, I

can't. Even though Burt survived his suicidal attempt with regrets, he was not able to prosper from his second chance and did not keep any of his promises and vows which he had made.

Nevertheless, as the sick mind get better i.e., as the good and the evil returns, it is so easy to revert back to the old ways of life. There are those who are not willing to let God take control of their lives, and they are just so self-absorbed and self-centered that self-edification feels too good for them to give up control; they are too selfish to change. The mind has to change before the person can change. A real change provokes decisions which will take courage to follow through. On the other hand, there are those who see their frailties, repent, and are determined to keep their promises and vows, and start a new way of life by seeking sanity rather than vanity. They realize they forgot how to put God first and trust in Him. Thereby, they can find peace and be made whole. God is so good!

In conclusion, I submit depression is a state of mind in which God allows one's mental condition to revert back into a *child-like* state. He then removes the Holy Spirit, puts a fence up to keep Satan out, and then God surrounds that poor soul with His loving arms. Depression gives a frail mind time to heal and a chance to see things more clearly with the possibility of emerging with a healthier outlook on life and the ability and resilience to bounce back and live a meaningful life. Therefore, God does not abandon His children, but He watches over them with *Agape love* while they work through their uncertainties using their own *free will*. In addition, Finally, I submit God loves us and wants us to have faith and trust in Him. He wants us to be able to live a healthy and fruitful life in this world He has created for us, and he will prepare us for this task. Therefore, if this innocent, frail child should commit this useless act of suicide, he will be *covered by the blood of the Lamb. Praise the Lord for His love.*

We need to keep in mind our great country of America was founded on the principle "In God we Trust," and that principle is not too much to be expected from his children.