

Good morning

My family



Good morning. My name is Katie, and this is my family. My husband Dan is a fellow in infectious disease, and I have 4 kids (Rachel, Rebekah, Paul and Ruthie, ages 6, 4, almost 2 and 3 months). Today I'm going to talk about PREVENTING personal struggles from hindering marriage.

Prevent...

- **Prevent** your own personal struggles (ex. depression, addiction, insecurities, etc.) from harming your marriage by seeking appropriate help and outside support as needed.
- – *"The LORD hears his people when they call to him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.*
- *The righteous person faces many troubles, but the LORD comes to the rescue each time. For the LORD protects the bones of the righteous; not one of them is broken! Calamity will surely*
- *overtake the wicked, and those who hate the righteous will be punished. But the LORD will redeem those who serve him. No one who takes refuge in him will be condemned."*
- *Psalm 34: 17-22*

Here is the prompt for the 10P series. [read it]. There are many forms that "personal struggles" or issues can take. I personally struggle with depression/anxiety...but there are many related flavors of this, some more serious, some less serious. Insecurities, anger, irritability, gossip, eating disorders, addictions of all kinds (drugs, alcohol, food, destructive behaviors, internet), and many others.

Issues (depression)

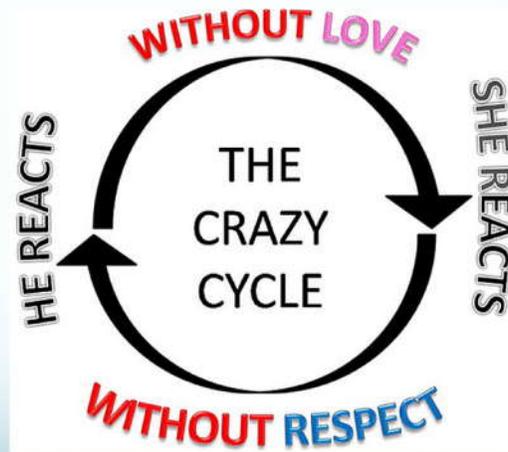
- A complicated and mysterious combination of the **physical, emotional** and **spiritual** that interferes with your ability to *live life*.
- Physical: imbalanced brain chemistry, low energy, disturbed sleep/appetite, constant “fight or flight” hormones
- Emotional: hopelessness, low self-worth, sadness, apathy, isolation
- Spiritual: feel far from God; prayer and scripture reading extremely difficult

What are issues at the core? (I’m focusing on depression but this applies to many things).. [read it]. Of course, these could be different with different issues...the point is that all three realms are greatly affected.

Causes...

- Physical: poor exercise, poor diet, bad habits/laziness, genetics
- Emotional: Past hurts, destructive thought patterns, stressful situations
- Spiritual: The enemy wants to see us destroyed!!
- *John 10:10 "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."*
- *1 Peter 5:8 "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."*

Issues cause this...



Here tell some of my story...couldn't get off the couch. Place too much burden on hubby. He feels disrespected. I feel unloved. I remember past hurts. Depression gets worse. Down and down we go. HELP!!!

HELP!!!!!!

- Overcome barriers to seeking help
 - Pride→ “I can handle this on my own. I don’t want anyone to know that I have issues.” *Reality is that no one has anything without Christ.*
 - Proverbs 3:34 “He mocks proud mockers but gives grace to the humble.”
 - Shame→ Stigma of society. What kind of words do we casually throw around? Crazy, looney, messed up, psycho, “for my sanity”, insane, etc. *Reality is that many biblical characters experienced depression or other issues and God used them GREATLY.*

Talking about words:

Think about what we call a cancer patient: hero, brave, survivor. With mental type maladies there is such a stigma. Don’t let it get in the way of getting help! Be courageous!

Aside: mention the Down’s Syndrome man who wrote a response to Ann Coulter’s use of the R-word. Beautiful piece.

Bible Characters

- Hannah:
 - “Her rival provoked her till she wept and would not eat.” I Samuel 1:7
 - “Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief”
- David:
 - “My thoughts trouble me and I am distraught at the voice of the enemy...My heart is in anguish within me; the terrors of death assail me.” Psalm 55:2b, 3a, 4

More Bible Characters

- Elijah
 - He prayed that he might die...“I have had enough, Lord.” he said. “Take my life; I am no better than my ancestors.”
I Kings 19:4
- Jeremiah
 - “This is why I weep and my eyes overflow with tears. No one is near to comfort me, no one to restore my spirit. My children are destitute because the enemy has prevailed.”
Lamentations 1:16

And finally...

- Jesus
 - In Gethsemane
 - "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Matthew 26:38
 - On the Cross
 - About the ninth hour Jesus cried out in a loud voice, "*Eloi, Eloi, lama sabachthani?*"—which means, "My God, my God, why have you forsaken me?"
 - **Hebrews 4:15**
For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—**yet was without sin.**

If I may be so bold to suggest this, I believe that Jesus himself experienced depression in his humanness while here on earth. If He bore such sorrows, will he not certainly sympathize with us, and come to our rescue to pull us out of the depths?

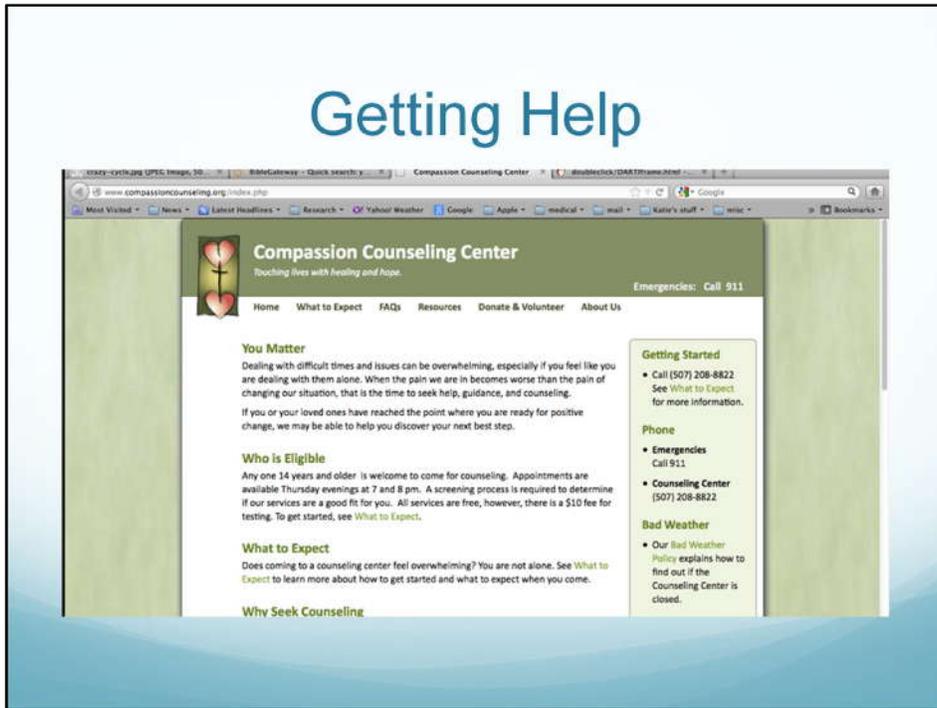
Other barriers...

- Logistics:
 - Childcare, money, time, etc.
 - *Reality: if you are in the depths, nothing is more important than getting out in order to move forward with life. DO WHAT IT TAKES.*

Help

- Confide in a trusted friend
- I've found I'm not alone in my struggles!
- Small group/support group

Getting Help



Has been awesome for me. Was first worried about who I'd see here. I'll eliminate that worry for all of you now. If you go here, you will see ME!!! And I'd love to chat 😊.

Compassion Counseling

- Multi church effort (counselors come from 26 different churches)
- Biblically based counseling by trained (80 hours worth) lay counselors, overseen by licensed psychologist
- FREE!!!
- Thursday nights at 7pm or 8pm, Calvary E Free
- Arrange own childcare
- There are other counseling options in town (Mayo can refer)

Scoring Tools...

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3

I'm providing this PHQ-9 for you (or you can google it), as well as listing resources on the back.

This is the standard scoring tool for depression. There are others for other things such as anxiety or alcohol abuse.

As an idea...5 is a decent score, about where I am now in recovery. At my lowest I got an 18!!! Yikes. This score made the professionals nervous, and my counselor had to go tell her supervisor.

Medical Help

- 1st Step: Primary Care Internal Medicine
 - They can start meds!!!
 - Will refer to psychiatrist if necessary
- DIAMOND Depression Program
 - Depression Improvement Across Minnesota, Offering New Direction
- Referrals to Therapy (such as Behavioral Cognitive Therapy).

Recovery

- It's HARD work!!!
- But...full of hope and JOY!!! (Enjoying life for the first time in a long time).
- Building habits that were destroyed
 - Quiet time
 - Exercise
 - Eating well
 - Making dinner
 - Morning/evening routine, shower
 - Care of house
- Building communication with my Hubby

Future

- I will always be in recovery
- I will work hard and rest in Christ and keep accountability to PREVENT this from coming in the way of my marriage again.
- I pray He would use my struggles for His glory.
- I thank Him for being able to make something beautiful out of my life, issues and all 😊

Final thought

- *Ephesians 3:20-21* Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.