

Week Four: Depression

Overview:

Depression is a commonly accepted form of grief. In fact, most people associate depression immediately with grief – as it is a “present” emotion. It represents the emptiness we feel when we are living in reality and realize the person or situation is gone or over. In this stage, you might withdraw from life, feel numb, live in a fog, and not want to get out of bed. The world might seem too much and too overwhelming for you to face. You don’t want to be around others, don’t feel like talking, and experience feelings of hopelessness. You might even experience suicidal thoughts – thinking “what’s the point of going on?” (Source: <https://www.psychom.net/depression.central.grief.html>)

Day One: Lectio Divina, Psalm 88:3-7

For my soul is full of troubles,
and my life draws near to Sheol.
I am counted among those who go down to the Pit;
I am like those who have no help,
like those forsaken among the dead,
like the slain that lie in the grave,
like those whom you remember no more,
for they are cut off from your hand.
You have put me in the depths of the Pit,
in the regions dark and deep.
Your wrath lies heavy upon me,
and you overwhelm me with all your waves.

Day Two: Fabella Divina (see instruction sheet)

Day Three: Visio Divina (“Wheat” by Thomas Hart Benton)

Day Four: Imago Divina (see instruction sheet)

Day Five: Musica Divina (“Hurt” by Johnny Cash--<https://youtu.be/gSS2IgmBo8>)

Day Six: Silentium Divina (see instruction sheet)

Day Seven: Worship on CEC’s YouTube Channel