

CARMEL MONTHLY

A PUBLICATION OF MT CARMEL COMMUNITY BAPTIST CHURCH

Understanding Spiritual Depression

Medically reviewed by Joslyn Jelinek, LCSW — Written by Crystal Raypole on May 24, 2021

Spiritual depression generally refers to a loss of spiritual vitality and joy. In terms of Christianity, experiencing a spiritual depression might involve:

- losing touch with your faith
- "forgetting" God, or struggling to find time for spiritual study
- focusing more on past mistakes than changes you might make to do better in the future
- a general sense of unhappiness or melancholy

Protestant minister D. Martyn Lloyd-Jones appears to have introduced the term in "Spiritual Depression: Its Causes and Cures," a collection of sermons exploring the topic.

He notes, however, that spiritual depression itself dates back to the Bible. In Psalm 42, for example, the unnamed psalmist asks, "Why are thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance."

If you're experiencing spiritual depression, your religious leader might encourage a similar remedy: prayer or seeking Christ. Yet, many of the symptoms associated with spiritual depression can also suggest a depressive disorder, which may not improve without support from a mental health professional.

October National Holidays

1st - International Music Day

3rd - "Mean Girls" Day

4th - National Taco Day

7th - You Matter to Me Day

12th - National Savings Day

14th - National Dessert Day

17th - Black Poetry Day

18th - World Menopause Day

19th - National Pharmacy Tech Day

25th - World Pasta Day

28th - National Chocolate Day

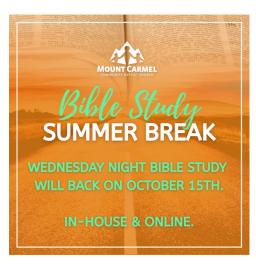
29th - National Oatmeal Day

30th - National Checklist Day

31st - National Caramel Apple Day



Wear
PINK on
Sunday,
October
26th.



















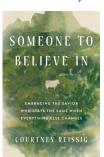
Pastor's Pick! Book of the Month!

Someone to Believe In: Embracing the Savior Who Stays the Same When Everything Else Changes By Courtney Reissig

Where do you go when all that once stabilized your spiritual life suddenly shifts underneath you? When your faith is shaken and your leaders fail you? When you're languishing in ministry burnout? When you're grieving a friend who walked away from God? When the doubts,

disappointments, and sufferings of this broken world, tempt you to walk away from him too?

If you feel disoriented, doubting, grieving, exhausted, or shaken in your faith, open these pages, and encounter the steadying power of the unchangeable Christ.



We Are A Community of Believers Transformed In Him To Be Agents Of Change In The Home, Church, Community, And The World.



Check out our website www.mtcarmelconnect.com for all upcoming events!





This month, help us wish...

- *Cameron Bass * Savagha Wilson
- * Joshua Johnson * Toshchel Demus
- * Scherry Montgomery * Yvonne Ferguson
- * Michael McIntyre * Leroy T. Hilson Sr.
- * Nicole McIntyre & * Manard Reed II a...

HAPPY BIRTHDAY!

Mt Carmel Community Baptist Church 708 North 5th St. Steubenville, OH 43953

Rev. Benjamin L. Calvert II, Pastor

SUNDAY MORNING WORSHIP SERVICE @10:00 AM

Wednesday Night Bible Study @ 6:00 PM

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