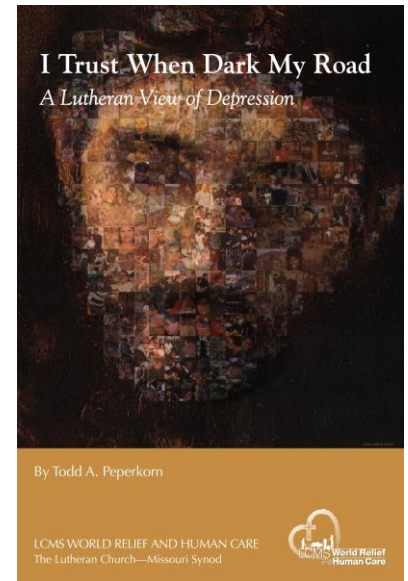


# I Trust When Dark My Road: A Lutheran View of Depression

Rev. Todd A. Peperkorn, STM

Conference of the Holy Cross  
February 8, 2012

Held at  
Holy Cross Lutheran Church  
4701 Grove St. - Rocklin, CA 95677



## Outline of Schedule

- 9:00 AM Gathering/Coffee etc.
- 9:30 AM Opening Matins
- 10:00 AM Session One
- 11:30 AM Lunch (we will order pizza and chip in to pay for it)
- 12:30 PM Session Two
- 1:30 PM Break
- 1:45 PM Session Three
- 2:45 PM Closing Prayers

## I. About the Author

- A. Husband, father, pastor, author
- B. Contact Information
  - 1. [Pastor@holycrossrocklin.org](mailto:Pastor@holycrossrocklin.org)
  - 2. [www.darkmyroad.org](http://www.darkmyroad.org)
  - 3. (262)705-03232

## II. Introductions

- A. Good Friday
- B. Disclaimer
- C. Perspectives
  - Personal
  - Pastoral
  - As both the receiver and giver of care

## III. Building up to the fall

- Pastors
- College
- Seminary/Work
- Messiah

## IV. The Disease

- A. DEFINITION: “An all encompassing low or severe mood that is often accompanied by a loss of self-esteem, interest in the outside world, and a lack of interest in pleasure or any regular activities.”
- B. Other descriptions
- C. What are the elements of clinical depression?
  - Physiological
  - Psychological
  - Situational

- Spiritual
- D. Who is at risk and why?
  1. Superpastors
  2. The Stressed
  3. The Compassion Fatigued
  4. Attacked by Satan

#### **IV. Living with Depression**

- A. Spiritual Life
  - “It is so hard to understand how depression changes everything about how a person sees the world. I imagine you will also discuss the spiritual confusion that depression/mental illness can create. My relationship with God has been deeper, more primitive, more fraught, and sometimes so painfully distant in the midst of depression. The law is misery to me when I am deeply depressed; grace absurd and life-giving.” -wife of a pastor
  - “Pastors who suffer stress and affliction, like any Christian in similar circumstances, may be tempted to look to their faith as a reason for self-esteem and assurance, rather than to the only object of faith, Christ and His pardoning Word. They conclude that failure and inability to cope are due to weak faith or the lack of faith altogether. They are viewing faith as their act rather than as their reception of God’s mercy.” -Dr. Robert Preus
  - Merle
  - Thus the worship and divine service of the Gospel is to receive from God gifts; on the contrary, the worship of the Law is to offer and present our gifts to God ...This passage, too, brings the greatest consolation, as the chief worship of the Gospel is to wish to receive remission of sins, grace, and righteousness. Of this worship Christ says, John 6, 40: This is the will of Him that sent Me, that every one which seeth the Son, and believeth on Him, may have everlasting life. (Ap III, paragraph 189)
- B. Family and Relationships
  1. The suffering spouse
  2. The megaphone of children
- C. Congregational Life
  1. How does depression impact the ability to serve?
  2. How does the congregation respond to a servant that suffers from depression?

#### **V. Hope**

- A. Physical
- B. Mental
- C. Spiritual
- D. Personal

#### **VI. Resources**

- A. Bibliography
- B. Web sites

#### **VII. An approach to serving the mentally ill**

- A. What can I do?
- B. The “team” for healing
- C. Who will mother this work?

#### **VIII. Conclusions and implications**

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"The sect cannot wait; it must have everything at once, for it has no future. The church can wait, for it does have a future. We Lutherans should think of that" (The Lonely Way, Volume II, 328).