

Recognizing Depression

Depression is known by the fruit it produces. Analyzing the various accounts of depression in the Bible, we can create an amazing list of symptoms, and the list is not exhaustive. What this demonstrates is that the Bible presents an intimate knowledge of depression.

1. Restlessness
 2. Distractedness
 3. Sense of agitation
 4. Pressure
 5. Tension
 6. Stress
 7. Feelings of persecution
 8. Anguish
 9. Fear of death
 10. Phobias
 11. Physical trembling
 12. Sense of doom
 13. Desire to escape
 14. Withdrawal
 15. Worry
 16. Dread
 17. Fear of others
 18. Sense of suffocating
 19. Sense of hopelessness
 20. Crying
 21. Parched throat
 22. Sore eyes
 23. Sense of being ostracized
 24. Feeling troubled
 25. Insomnia
 26. Inability to be comforted
 27. Disturbed by thoughts of God
 28. Trouble speaking
 29. Feelings of nostalgia
 30. Deep sighing
 31. Sense of being forsaken by God
 32. Immobilized
 33. Physical weakness
 34. Emotional weakness
 35. Feeling like giving up
 36. Despair
 37. Sense of aloneness
 38. Loneliness
 39. Feeling forsaken
 40. Afraid to leave a base of security
 41. Insecure
 42. Feeling unappreciated
 43. Desires to bargain with God
 44. Sense of being abandoned
 45. Terror stricken
 46. A sense of rejection
 47. Space-y
 48. Frequent or profuse perspiration
 49. Palpitations
 50. Loss of appetite
 51. Groaning
 52. Weight loss
 53. Chest pains
 54. Sense of being despised
 55. Grief stricken
 56. Sense of discouragement
 57. Self-pity
 58. Martyr complex
 59. Sense of being overwhelmed by circumstances
 60. Isolated
 61. Feelings of not being cared for
 62. Sense of being trapped
 63. Bitterness
 64. Suicidal
 65. Sense of emptiness
 66. Faintness
 67. Tendency to dwell on the past
 68. Sense of apathy
 69. Sense of being crushed
 70. Sense of deadness
 71. Sense of desolation
 72. Sense of futility
 73. Anger
 74. Anxiety
 75. Panic
 76. Numbness
 77. Shame
 78. Legalism
 79. Gloom
 80. Terror
 81. Haggard
 82. Drawn
 83. Dejected
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