



# Spiritual Depression: Its Causes and Cures

*D. Martyn Lloyd-Jones*

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## **Spiritual Depression: Its Causes and Cures** D. Martyn Lloyd-Jones

Spiritual Depression is one of the great classics of the modern Church and tackles the big question: If Christianity is such "good news" why are its followers often unhappy? Dr. Martyn Lloyd-Jones was possibly the greatest Christian preacher and teacher of the twentieth century. A medical doctor by training, Spiritual Depression draws together his professional understanding of the mind with a profound understanding of Christian teaching and the Bible. Spiritual Depression diagnoses the causes of the ill feeling that many Christians experience. It prescribes the practical care that is needed to lift people's spirits and bring them freedom, power and joy. Spiritual health is possible and this book explains how everyone can grasp it for themselves.

## **Spiritual Depression: Its Causes and Cures Details**

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Author : D. Martyn Lloyd-Jones

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# From Reader Review Spiritual Depression: Its Causes and Cures for online ebook

## Mikeandamy Galdamez says

God will use this practical and hard-hitting book to search your soul and reveal reasons you lack happiness. It will give you a desire to grow in your faith in Christ so that you will find true and lasting joy in Him. At least that is what it did for me.

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## Rachel says

This is one of the best books on the Christian life that I have ever read. It's a series of twenty-two sermons by D. Martin Lloyd-Jones on the subject of spiritual depression, or the condition of being a downcast, dispirited Christian. He takes the subject logically, working through a number of causes for such a condition, using stories from Scripture as case studies. Topics of discussion include the importance of solid Christian foundations, vain regrets, fear of the future, the place of feelings, "looking at the waves" (from the story of Peter walking on water), faith, trials (and keeping the balance between grief and rejoicing), contentment, and much more. I'll definitely be getting a copy of this one--it's one of those books that I'll probably need to be reading for the rest of my life.

*"This, then, is the prescription... Do what He has told you to do. Live the Christian life. Pray, and meditate upon Him. Spend time with Him and ask Him to manifest Himself to you. And as long as you do that you can leave the rest to Him. He will give you strength--'as thy days so shall they strength be'. He knows us better than we know ourselves, and according to our need so will be our supply. Do that and you will be able to say with the apostle: 'I am able (made strong) for all things through the One who is constantly infusing strength into me'."*

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## Cameron Bernard says

I read a chapter or two of this book almost every Sunday for the past couple of months. MLJ's sermons have been such a blessing. The book in a nutshell: practice your faith and rest in Christ. But you should really just read it.

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## Rachel says

I'm about a quarter of the way through this book, but I've already learned more about God and myself than I have in reading any other Christian book. It is actually a series of sermons the author did back in the 50s or 60s, so as I began reading I was a bit skeptical that it wouldn't apply to today's society. I was completely wrong! Spiritual depression is a huge plague within the church that is destroying our joy as Christians and our ability to minister to the world. We are quick to reach for a bottle of pills instead of reaching for the ONE that can offer true healing. We need to get to the source of our problems, and not try to fix the symptoms.

Going to a therapist and taking anti-depressants is like taking Sudafed for pneumonia. It might make you feel better for a few days, but you're never going to be healed and will eventually die from your illness.

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### **R.J. says**

I've had this book sitting on my shelf for years now, as I'd picked it up from a giveaway box somewhere... but only this week did I get around to actually reading it. A collection of 21 sermons originally given at Westminster Chapel in the 1960's, the book dates itself somewhat with the universal use of "man" for humanity, repeated references to the events of the early 20th century, and a formal style with long paragraphs which require concentration to fully appreciate. But given the thought-provoking and important nature of the material, the latter isn't a bad thing.

After setting forth his premise that the prevalence of spiritual depression, discouragement and seeming lack of joy among Christians is one of the reasons many modern people fail to be impressed by the claims of Christianity, Lloyd-Jones uses various New Testament passages and examples to explore a wide range of reasons why Christians become discouraged and downcast, and expounds on the Scriptural answers to these problems. He doesn't discount the role of temperament, genetics, health, diet, and past and present stresses in depression, nor does he claim that a right and Scriptural attitude in every situation will make us feel happy, or even necessarily improve our emotional state at all. But he does offer a lot of comforting and reassuring (and sometimes challenging) reminders of where the believer in Christ stands in relation to God, and God's desire to bring us into a deeper and fuller knowledge of who He is and what He has done for us.

In short, this book doesn't offer any easy answers, but it has a lot of excellent, solidly Biblical content and I can see it's going to be something I dip in and out of quite often in future.

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### **Jody Shee says**

This book was written in 1965 and has had a lasting impact on me. The author says that the solution to overcoming depression is to talk to yourself rather than listen to yourself. He mentions several times that you need to take yourself in hand and have a talk with yourself and remind yourself of God. I plan to use some of what he said in an upcoming book I'm writing about depression.

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### **Anthony Hayden says**

One of the most encouraging and challenging books that I have ever read. It is one of the very few books that I have reread multiple times. I have given away more copies of this book than any other... Read it slow, and let it stew in your mind

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### **Ben Zornes says**

Wonderfully pithy, tremendously practical, insightfully encouraging, firm and straightforward, thorough and wide-ranging, very pastoral. This was fantastic. Dr. Lloyd-Jones is easily quotable and I found myself

underlining a LOT throughout this book.

Each chapter is relatively short, and he does a remarkable job of touching every "base." His focus is clearly applying the Word of God to the afflictions of the soul that commonly cause Christians to descend into gloom. One of the more helpful concepts he presented was that if Satan can't keep a person from becoming a Christian, his next strategy is to make sure that Christian is an absolutely miserable picture of Christian joy, triumph, gratitude, etc. Thus, if we believe the Gospel delivers us into a life of practical holiness marked by joy (even through trial and sorrows), we ought to fight off doubt, and as he puts it, "take ourselves in hand."

Every Christian can certainly benefit from this book, and I'm sure it would spark conviction and confession as well as comfort and encourage renewed diligence in seeking God. Highly commend this book to your "must read" category!

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### **Vaclav says**

An excellent book on spiritual depression. I went through a very hard time in 2000 and felt like giving up, and then I read a chapter in the book called "The spirit of bondage", and my faith revived and I was able to look to God, once again! I thank God for Dr. Lloyd-Jones and his Spirit-filled preaching. I read the book at least a couple of times now, and have given away many copies of it to others in need of uplifting in their faith!

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### **Ryan says**

Spiritual Depression: Its Causes and Cure by Martyn Lloyd-Jones was a good read. It was very insightful at points, filling my soul with nuggets to chew on, but also hard to plod through at times. For those who dare to take the plunge, you will find great reward for your soul if you stick with it.

Lloyd-Jones writes with great detail, sometimes feeling very laborious, about some of the causes and cures for spiritual depression. Spiritual depression isn't to be confused with clinical or psychological depression, but rather times where we're not sensing God is near. Before writing the book off because you don't suffer with depression, give it a second chance if you've ever found yourself suffering through spiritually dry periods.

He starts out the book by laying out in great length what the problem is:

"Unhappy Christians are, to the say the least, a poor recommendation for the Christian Faith; and there can be little doubt but that the exuberant joy of the early Christians was one of the most potent factors in the spread of Christianity" (Foreword).

"In a sense a depressed Christian is a contradiction in terms, and he is a very poor recommendation for the gospel....Nothing is more important, therefore, than that we should be delivered from a condition which gives other people, looking at us, the impression that to be a Christian means to be unhappy, to be sad, to be morbid, and that the Christian is one who 'scorns delights and lives in laborious days'....Christian people too often seem to be perpetually in the doldrums and too often give this appearance of unhappiness and of lack of freedom and of absence of joy. There is no question at all but that this is the main reason why large

numbers of people have ceased to be interested in Christianity" (11).

One of the cures he mentions for the above problem is being in right relationship with God:

"On the other hand, if we are in the right relationship to God, and in a true spiritual condition, that again quite inevitably must express itself in our countenance, though I am not suggesting we should perpetually have that inane grin upon our faces that some people think is essential to the manifestation of true Christian joy. You need not put anything on, it will be there; it cannot help expressing itself..." (14)

Though the above quotes are only a sample of its causes and cures, there is much more contained within these pages. It took me a while to get through, but rewarded me faithfully in the end. I didn't realize how much I got out of it until I went back to look through my notes. Lloyd-Jones does a good job of treating the subject from a biblical perspective, but it is often too detailed and long winded in his delivery.

If you are going to attempt to take up and read, be warned that it will take some time to get through. It is not a book to read for great lengths of time, but slowly assimilated and digested. I would encourage you to take good notes because you probably won't read it again.

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### **Tamara says**

I didn't read all of this book, but more what pertained to me at the time. One thing I really appreciated from Lloyd-Jones was that he didn't throw out that we all have different temperaments. He talked in the beginning of the book about how we are all made differently and have a propensity toward legalism or antinomianism. Toward self-pity or more flaming arrogance. Timid or outgoing. In the "Christian world," I've seen for many years how Christian counselors, pastors, and the like try to make everyone the same. Well, I appreciated the fact that he sees that we are all different and God works with us differently. Morals don't change or anything like that, but how God works in us with our own temperaments is interesting. I read one chapter several times. The one on the trees. Something like "I see men walking as trees..." It was about how Jesus healed the man's eyes, but the man still couldn't see just right and said "I see men walking as trees." Lloyd-Jones brings out the idea that Christ heals, yes, but sometimes it's through stages. It helped me to understand what God is doing with me with my illness with MS. God isn't miraculously healing me, but in stages... showing me what next to do with nutrition, sending another person along for more information to help me. It's made me lean on Him more. Yes, it's frustrating, but in the end, truly, I believe God is glorified more in me by not healing me all at once. :)

Tamara Blickhan

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### **Jenna Sanders says**

This book has assisted me in peering into my soul and contemplating reasons for sinning and giving forth solutions to overcome darkness and various sins that have footholds in my life. The answer is always Jesus. - --> "Ah, yes, but why are they morbidly preoccupied with themselves? The answer is that they are not sufficiently occupied with Him. It is our failure to know Him and His ways as we should know them—that is the real trouble. If we only spent more of our time in looking at Him we should soon forget ourselves... stop looking at yourself and begin to enjoy Him."p.88

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**Laura Clawson says**

"Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man's treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. "Why art thou cast down, O my soul?" he asks. His soul had been depressing him, crushing him. So he stands up and says, "Self, listen for moment, I will speak to you."

? D. Martyn Lloyd-Jones

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**Hannah Reeves says**

One of the most helpful books I have ever read. Read it slow and take notes. I'm putting this on my shelf of books to read every few years.

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**Emily Dieckmann says**

This book is essential for every Christian to read. This book has helped shape my faith in so many ways and I think I will continue to feel the impact of reading Lloyd-Jones words for the rest of my life. Thankful for this honest and truth-filled book!!

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