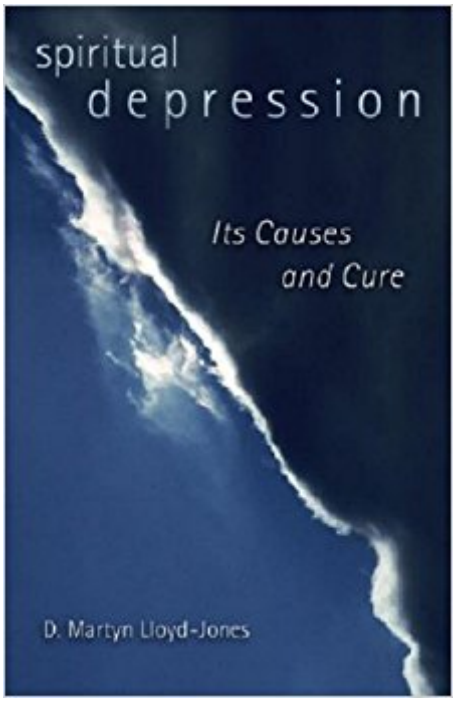
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Spiritual Depression: Its Causes And Its Cure



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Synopsis

This enduring collection of twenty-one sermons by D. Martyn Lloyd-Jones, each originally delivered at Westminster Chapel in London, carefully and compassionately analyzes an undeniable feature of modern society from which Christians have not escaped -- spiritual depression."Christian people," writes Lloyd-Jones, "too often seem to be perpetually in the doldrums and too often give this appearance of unhappiness and of lack of freedom and 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."Believing the Christian joy was one of the most potent factors in the spread of Christianity in the early centuries, Lloyd-Jones not only lays bare the causes that have robbed many Christians of spiritual vitality but also points the way to the cure that is found through the mind and spirit of Christ.

Book Information

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Customer Reviews

World Magazine,Ã Â One of the top 100 books of the MillenniumÃ Â (1999)

This enduring collection of twenty-one sermons by D. Martyn Lloyd-Jones, each originally delivered at Westminster Chapel in London, carefully and compassionately analyzes an undeniable feature of modern society from which Christians have not escaped--spiritual depression.

A must read for those seeking answers to the troubles confronting belief and faith. Lloyd-Jones,

painstakingly explains reasons and remedies for battling the malady of Christian depression. A thought provoking treatise with biblical soundness that defines why believers fall into this category. It’s not the faith that’s the problem, it’s the object of our faith that is eschewed. A heart felt plea to re-examine ourselves...to walk away from self...to truly see the Christ of history and faith. I highly recommend this book. And thank the man that wrote these sermons, not out of righteous judgement but a fellow sojourner.

This is an excellent book that addresses every possible type of discouragement and depression. But the author goes a step further in masterfully outlining how to overcome these strongholds. It was fascinating to me that while the book was written in 1965, the struggles some face are the same today.

I have read a lot of MLJ books. I started with the cross when I was 16-17, I am 34 now. I have read the Roman Commentaries up to 8:5. And many other books. I can say that this is the most life changing book I have ever read, not counting the Bible.

Sometimes expository preachers need to take a break out of their expository preaching series when a specific need arises. This is what Pastor Jones does here, the first of his topical sermon series I have read. Here the readers would learn there is a clear distinction between biblical and secular psychology, specifically in dealing with spiritual depression; the former being Christocentric and the latter anthropocentric. The first few sermons deal with the true nature of the Christian faith and life, as well as the radical transforming "dynamite" power of the gospel in one’s mind, affection, will and the whole entire being; the lack of understanding or conviction of which is one reason behind the occurrence of spiritual depression among Christians. Simultaneously, there is also an exposure to the danger of false teachings or defective biblical views, among whom are for example, prosperity gospel with its toxic promise that God is your lackey and he is committed to see to it, in your own created reality, in your own strength and will-power to accomplish "your best life now", full of worldly material blessings happily ever after, or Antinomian, Arminian, Hyper-calvinist, perfectionist or legalistic gospels, that cause Christians, not having been brought up properly in solid doctrines and discipleship to experience spiritual depression as well. Pastor Jones did an excellent treatment on the subject of spiritual discipline against laziness and procrastination, taken from the second epistle of Peter, and divine chastisement, from Hebrews 12, which unless understood correctly; the cause, the method and the purpose of it, might also lead to spiritual depression that shows itself in three

possible ugly faces; hardness of heart or a cavalier attitude toward it, despair, and bitterness. On the subject of contentment, however, taken from the familiar text in Phil 4:11, which Pastor Jones argues as a critical attitude to posses in order to combat and cure spiritual depression, the study is nowhere close to the intensity, weight and practicality of either Jeremiah Burrough's "The Rare Jewel of Christian Contentment" or Thomas Watson's "The Art of Divine Contentment" The subject of contentment is so important and powerful that I believe perhaps Pastor Jones should have mentioned these two Puritan texts for the readers to explore further.Nevertheless, over all, those who are into Christian counseling would appreciate and do well to learn from Pastor Jones' insights to help brothers and sisters who are struggling with depression. Psalm 42:5, 11; the subject of the first sermon, summarizes exquisitely the right cry and the proper response for the spiritually depressed, "Why art 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. Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God." Amen.

I have this on kindle but can no longer find it on . This is an amazing book. Although the title is a bit misleading, once I read the book I understand why he chose it.It's taken me over a year to attempt to write a review of this book. I can't do the book justice by trying to simplify its message and coming up with an "in a nutshell" review. I have determined that this will be a book I will go back to over and over again for the rest of my life. It is far more than I expected. D. Martyn Lloyd Jones is by far one of the greatest christian leaders of the century. Although he passed away many years ago, his message is completely relevant to today...and that is how the Lord works. I am amazed at how I can apply everything taught in this book to issues we face today. It does not age as so many pop christian writers works become stale.You will not be disappointed at all. Get this book. Share this book. Keep it for a lifetime.

A very thought provoking read on a topic not discussed very much by the church. Martyn Lloyd-Jones does a wonderful job walking through the different ways Christians become 'spiritually depressed' and the remedies for when this occurs. I would highly recommend this book.

A life changing book for me. Hard to get into the reading format as there are few paragraph breaks since these were all originally sermons. Definitely worth a re-read!

I haven’t completed reading this book yet - but what I have read is wonderful. If it keeps up as it has started this will be one of my favorite spiritual books. Extremely good insights that are not the common fare that is currently out there. If you really want to be the person God intended you to be then you will find much to make you think in this book. All Christians should read this type of book. "Christ in you the hope of glory." This is not a quick fix book or a name it and claim it book - it is full of deep spiritual truths and points you to the truth of who you really are. Highly recommended.

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