



# Bible Student's Notebook™

## The Herald of His Grace

Presenting *every man* perfect in Christ Jesus. Colossians 1:28

Volume 40  
Issue 989

# Depression: The State of Being Un-Public

by — Clyde L. Pilkington, Jr.

*He begins to be sorrowful and depressed* (Matthew 26:37, CV).

### Key Points:

Everyone suffers depression from time to time, some of us more often than others..... 8331  
Even Jesus experienced depression..... 8331  
A recognition of depression in our Lord causes us to give genuine pause and reflection before passing judgment on such a state or condition..... 8333

God suffers with us in our depression..... 8335  
Throughout life's hardships and depressive moments, it is essential to trust in God's wisdom and plan, recognizing that these challenges are part of the divine process of shaping and molding individuals..... 8337

**E**veryone suffers depression from time to time, some of us more often than others. After all, "*humanity is born to misery*" (Job 5:7).



Concerning which Mark also writes,

*And He is taking Peter and James and John **aside** with Himself, and He begins to be **over-awed and depressed*** (Mark 14:33, CV).

Undoubtedly many things can lead to depression, more than any of us accurately assess: disposition, mindset, genetics, constitution, environment, circumstances, upbringing, stress, diet, injury, sickness, death of loved ones, etc., not to mention the aging process (*death working in us*).<sup>1</sup>

Jesus then tells Peter, James and John that He is "*sorrow-stricken*" (Matthew 26:38, CV), leaving even these, His most precious inner circle,

*And coming **forward a little**, He falls on His face, praying and saying, "My Father, if it is possible, let this cup pass by from Me. However, not as I will, but as Thou!"* (:39, CV).

According to our passage, even our Lord Jesus suffered depression. While in Gethsemane we see Him separating Himself from His other disciples,

*And taking along Peter and the two sons of Zebedee, He begins to be **sorrowful and depressed*** (Matthew 26:37, CV).

So, we see Christ going from an evening reclining in the company of the Twelve (Matthew 26:20, YLT), to withdrawing in solitude with His three closest disciples, until finally retreating in complete isolation.

(continued on page 8333)

1. The declaration of Genesis 2:17 was "*to die shall you be dying*" (CV). Therefore, as a co-laborer said to us recently, "I have a new sense of respect for those much older than I am." Indeed, we agree; and to paraphrase my mother as she aged, "it's really hard getting old."

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### Bible Student's Notebook™

*Paul Our Guide – Christ Our Goal*

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*Scripture education in a weekly format!*

This free electronic publication is dedicated to:

- the absolute sovereignty and deity of God (Romans 11:36);
- the proclamation of the riches of God's abundant, exceeding grace (Romans 5:20; 11:6; Ephesians 1:7);
- the affirmation that God will save all through the death, burial and resurrection of Christ (I Timothy 2:3, 4; 4:10; Titus 2:11);
- the universality of death and resurrection (I Corinthians 15:21);
- the unique gospel of Paul – which he calls "my gospel" (Romans 2:16; 16:25; II Timothy 2:8; I Corinthians 15:1-4; Acts 13-28; Acts 20:24);
- the "preaching of Jesus Christ, according to the revelation of the mystery, which was kept secret in ages past" (Romans 16:25);
- the epistles of the present Secret Administration being Ephesians & Colossians (Ephesians 3:2, 9; Colossians 1:25);
- true freedom and liberty apart from law (Galatians 5:1);
- the organic nature of the One Body (Ephesians 4:16);
- the Secret Administration, being the operational revelation for today (Ephesians 3:9);
- the unprophesied, Celestial hope and calling of the One Body (Colossians 3:4);
- the distinct message and ministry of Paul, the apostle to the nations (Ephesians 3:1-3);
- the importance of receiving all whom Christ has received (Romans 14-15);
- the recovery of rich Biblical truth that has too long remained hidden under the veils of traditionalism, prejudice, misunderstanding and fear (Mark 7:7, 13);
- the completeness of the believer in Christ (Colossians 2:10), with:
  - total freedom from sins (Colossians 1:14);

- union in His death, burial and resurrection and ascended seated position among the celestials (Romans 6; Ephesians 2:6);
- adult sonship position (Ephesians 1:5).

This publication is the product of humble efforts of ordinary men intended to stimulate the earnest study of Scripture. We do not claim infallibility for the contents of this publication; thus they are not meant to imply finality on any subject discussed, or that further research would not add further light from the Word of God. God's storehouse of truth is inexhaustible, so draw on its wealth by prayerful study. Our readers are asked to be as the Bereans and search the Scriptures (Acts 17:10-11; I Thessalonians 5:21).

This publication is not connected with any "church," "denomination," "movement," "organization," "mission," "creed," "meeting," "school," "conference" or "fellowship."

*We are always open for discussion, but never for disputation. – André Sneidar*

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## “DEPRESSED”

judgment on such a state or condition.

The Greek word translated “depressed” in both verses (Matthew 26:37; Mark 14:33, CV) is ἀδημονέω (*adēmoneō*),<sup>2</sup> and is defined as:

to be in distress (of mind) – SEC

to be troubled, great distress or anguish, depressed – TGL

to be sorely troubled or dismayed, be in anguish – LSJ

According to the *Concordant Keyword Concordance*, the word is UN-PUBLIC, and defined as:

depressed (be), unwilling to mingle with the public.

Accordingly, depression, simply put, is the unwillingness or inability to mingle with the public, or as the Greek would have it, the state of being UN-PUBLIC (*i.e.*, private).

Depression often has a stigma attached to it. For some, it is merely dismissed as a “spiritual issue.” Yet, for our Lord, this depression did not affect His “spirituality,” for when He was alone, on His face before God, He declared to His Father those well-known words,

*If it be possible, let this cup pass from Me: nevertheless not as I will, but as Thou wilt (:39, KJV).*

**A recognition of depression in our Lord causes us to give genuine pause and reflection before passing**

2. SEC, G85.

*Adēmoneō* (UN-PUBLIC) is found in only three passages of the Greek Scriptures (Matthew 26:37; Mark 14:33; Philippians 2:26). Various versions translate the word in these places as (listed alphabetically, with adjective subsets):

“agitated” (MNT)

“agony” (TNT)

“dreadful agony” (MSG)

“anguished” (GWT; ED)

“deep anguish” (GWT)

“extreme anguish” (WET)

“great anguish” (SNT)

“dejected” (JMNT)

“depressed” (CV; ED; FF)

“deeply depressed” (DAR; GNT)

“depressed and dejected” (JMNT)

“depressed with anguish” (SNT)

“very depressed” (ENT)

“disheartened” (MLV)

“distressed” (ALV; EB; HCSB; MNT)

“deep distress of mind” (TCNT)

“distress of heart” (WNT)

“distress of mind” (TCNT; GNT)

“great distress” (REB)

“sore distress” (MCT)

“dread” (GNT)

“eerie”

“feel eerie” (ED)

“heaviness” (LSV; YLT)

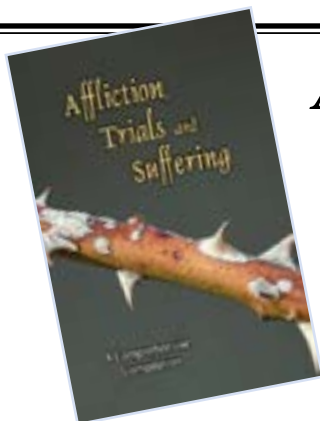
“full of heaviness” (GB; TNT; WNT)

“great heaviness” (GB)

“very heavy” (KJV, LSV, YLT)

“homesick” (WNT)

“horrified” (HCSB)



## Affliction, Trials and Suffering

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286 pages

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“overwhelmed” (FF)

“sorrow”

“agonizing sorrow” (MSG)

“troubled”

“deeply troubled” (ASV; HRB)

“greatly troubled” (ASV; BBE)

“grievously troubled” (Geneva)

“sorely troubled” (FAA; PNB)

Looking over this long list of translations of *adēmoneō* (UN-PUBLIC), we can appreciate translators trying to come to grips with this very intense human experience. Certainly, all of us can identify with all of these various attempts at defining the darkness and heaviness of this all-consuming place.

How well do I remember, at the age of 37, upon the death of my father, retreating from everyone, even those dearest to me, closing the door to my bedroom, and assuming the fetal position in my bed, and pulling the covers up over my head. His loss was all-consuming, and I became un-public. The darkness of grief was, for a while, all-encompassing.

Concerning the death of his wife, C.S. Lewis (1898-1963) wrote, “Her absence is like the sky, spread over everything.”

## EPAPHRODITUS

So, not surprisingly, Jesus was not the only one recorded in Scripture to have experienced depression. In fact, we can observe this in the lives of many with-

in the pages of God’s Word. One such specific example was that of Epaphroditus.

As already mentioned, the word *adēmoneō* (UN-PUBLIC) is used only three times in the Greek Scriptures. As we have seen, it is used twice of Christ. The remaining occurrence is in Philippians, regarding Epaphroditus, of whom Paul wrote,

*He was longing for you all and depressed, because you hear that he is infirm* (Philippians 2:26, CV).

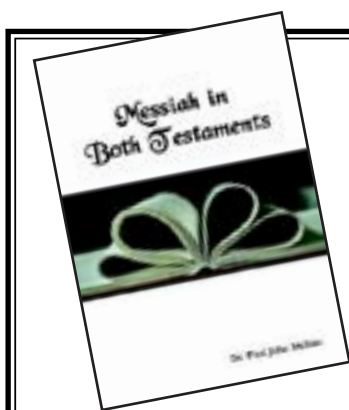
Epaphroditus suffered from a near-death sickness, but what brought about his depression was his empathy for the Philippians, because of their concern for him, and it took the form of overwhelming homesickness for them.

*he was longing for you all and **depressed*** (CV)

*for he has been longing to see you and has been **homesick*** (WNT).

One significant thing that we learn from this passage, concerning both the Philippians as well as Epaphroditus, is that some of the greatest trials in life are actually those that we experience because of the sufferings of our loved ones. When someone that we love suffers, it can bring to bear an even greater experience of suffering in ourselves.

*The Concordant Greek-English Keyword Concordance* defines love (*agapē*) as:



96 pages

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by — Dr. Fred John Meldau (1899-1969)

The most amazing drama that ever was presented to the mind of man – a drama written in prophecy in the Old Testament and in biography in the four Gospels – is the narrative of Jesus Christ. This outstanding reference work addresses all the major Scriptures in the Old Testament that foretell of the coming Messiah, as well as the fulfillment of those prophecies in the New Testament. It is a fantastic summary of specific, detailed prophecies made about the coming Messiah and how they were fulfilled in a specific, detailed way in the life, death and resurrection of Jesus of Nazareth, hundreds of years after they were first given. It will provide insight as to how the Scriptures have successfully withstood so many assaults against its veracity over the centuries.

A complex emotion arousing appreciation or delight in and desire for the pleasure of its object, as well as to please and promote its welfare ...

After 9-11, Queen Elizabeth II rightly observed that, “Grief is the price we pay for love.”

## GOD HIMSELF

Understanding the true meaning of love, it is not then surprising that love for others brings in a great measure of suffering. In fact, such sufferings make God Himself the Supreme Sufferer in His own Universe, for because of His love, He suffers right along with all of His creation. Little wonder that A.E. Knoch (1874-1965) fittingly wrote,

Love always suffers with its object.

Again, he declared that,

God would be hard-hearted, indeed, if He had no feeling for the sins and sufferings of His creatures.

D.G. Hayter (1911-1988) wrote,

We ourselves have some minute appreciation of the havoc wrought by sin, and feel each day the pains and penalties of sin’s curse. Is this not a feeble replica of what God, the Source of all, must feel? ... Does His heart not ache? Are not the sufferings of humanity echoed in the heart of the Father? He, no doubt, suffers with His creation throughout the course of the eons. But sin’s most bitter blow was dealt when it pierced His heart, depriving Him of His Beloved. Let us not think of our God as a hard, impersonal Deity, above and apart from

eonian suffering, but a compassionate Father.<sup>3</sup>

## DEPRESSION IS A “PRESSING”

Despite there being only three instances of *adēmoneō* (UN-PUBLIC) in Scripture, its pages are nonetheless replete with examples of depression. We can easily identify these experiences by the descriptions provided regarding those thus suffering. Paul was one such sufferer. He wrote,

*For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, inasmuch that we despaired even of life* (I Corinthians 1:8, *KJV*).

He declared that he was “*pressed out of measure*,” “*above strength*” so that he actually “*despaired even of life*.” This surely describes a depressed state. Other translations have it thus:

*inordinately burdened, over our ability, so that we were despairing of life also* (CV);

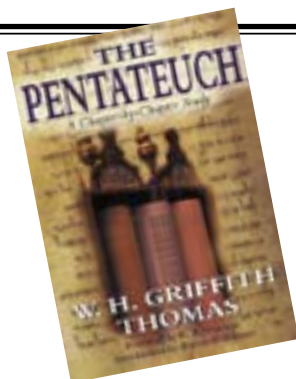
*completely overwhelmed – beyond our strength – so that we even despaired of life* (HCSB);

*burdened down surpassingly, beyond our power, so-then for us to be despaired even to be living* (MLV);

*so utterly and unendurably crushed, that I actually despaired of life itself* (GSNT).

Webster defines “depress” as “to press down” ... “to sink; to lower; to deject; to make sad; as, to depress the

3. *Unsearchable Riches*, Volume 42 (1951).



192 pages

## The Pentateuch – A Chapter-by-Chapter Study

by — W.H. Griffith Thomas (1861-1924)

This is a dispensational collection of notes on the first five books of the Bible. Each section begins with a helpful introduction followed by a chapter-by-chapter study of the text. Thomas was cofounder with Lewis Sperry Chafer of Dallas Theological Seminary. He was also a contributor to E.W. Bullinger’s *Things to Come* magazine. See [order form](#) under “Other Authors.”

spirits or the mind.” So, when Paul declared that he was “pressed” he clearly described a depressed state.

### THE POTTER’S HAND PRESSING ON OUR CLAY

At the Potter’s house, Jeremiah could see the ever-spinning wheel and the constant *pressure* of the Potter’s designing hands (Jeremiah 18:1-6).

Life is hard – really hard. It is so by the design of the Potter. We must be honest: we often feel that our lives are spinning desperately out of control. It seems to us to be quite a chaotic mess, all simply marred – hopelessly ruined, and desperately vain – veering wildly on some purposeless course.

The *pressures* of life can so easily *bear down hard* upon our very hearts and souls. Sometimes, as they did with Paul, they may even seem unbearable and life-ending.

Yet, these are not the mere pressures of “circumstances” that we feel, but the hand of the Potter pressing ever so firmly on the surface of our clay, while we are steadily spinning upon the surface of His wheel beneath us.

Do we think that this pressure is in some way hindering the work of the Potter in our lives? Absolutely not! This is all the work of the Potter!

Beloved of the Potter, let us be encouraged that this is all His loving work of wisdom – even our depression.

Trust Him implicitly. Patiently wait upon Him as He performs His life-long work on us. After all, we are *His* workmanship, and He alone is responsible.

Do not be disappointed with His work, His methods, and His timing. Simply trust Him unreservedly. He is absolutely skillful and faithful, and He will accomplish His work (us!) to supreme perfection!

*Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ (Philippians 1:6).*

While at times – like Christ, Epaphroditus and Paul – we may be overcome with being depressed and unpublic, may we learn to trust Him and His will in the middle of it all, and bow in worship before Him, joining our Lord in saying,

*O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as You will (Matthew 26:39).*

If our cup does not pass, then by His grace, may we be able to say with Paul, that we have,

*... learned to be content in whatever circumstances I am (Philippians 4:11, HCSB).*

Or, with Job, say that,

*Yahweh, He gives, and Yahweh, He takes away. Blessed be the name of Yahweh (Job 1:21).*



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So even in the middle of our depression, let us not fret, but relax, remembering that His work is larger and grander than we can see from the vantage of the spinning wheel. We are who we are because God has made us this way. We are ever changing – marred and remade – because He is the Potter, and we are His clay. The Potter is steadily and devotedly working His clay. He is working, making us the vessel of His Own choosing!

*Shall the thing formed say to him that formed it,  
“Why have you made me thus?”* (Romans 9:20).

Thus, because we are God’s clay – His “workmanship” – He is responsible for who we are at every stage of the process (Ephesians 2:10). God will use His turning wheel and the firm pressure of His hands at His Own discretion.

Well do we rejoice in these treasured words of Arthur P. Adams (1847-1925):

God has created me for a definite purpose. That purpose I shall ultimately fulfill in His economy. It is a wise and good purpose, one with which I should be perfectly satisfied and contented if I only understood it all. Toward that end I am continually moving. All things tend to advance me in that one direction, and I shall surely arrive. I shall surely fulfill the purpose of my creation.

Much richness is to be found in the Potter’s House. The believer must allow his experiences and emotions, depression included, to give way to the truth of Father’s wise craftsmanship.

What of all the severe trials and overpowering hard-

ships pushing heavily upon our hearts and souls? No worries. It’s just Father’s hand pressed firmly upon our clay.

But Thou art making me, I thank Thee, Sire.  
What Thou hast done and doest Thou know’st well,  
And I will help Thee: gently in the fire  
I will lie burning; on Thy potter’s wheel  
I will whirl patient, though my brain should reel;  
Thy grace shall be enough the grief to quell,  
And growing strength perfect through weakness dire.

— George MacDonald (1824-1905)  
*Diary of an Old Soul*

I often find encouragement from a quote that I have hanging in my office. I will share it with you now, with the desire that you too will benefit from its gripping words.

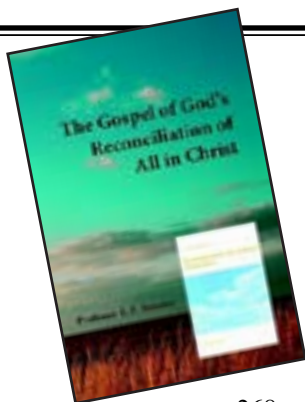
I was going to complain. Then I remembered He is the source of all things, even my disappointments. — Thomas Watson (1620-1686)

My dear brother and co-laborer, André Sneidar, writes,

Freedom from frustration is seeing every circumstance as designed by God for you for His specific purpose. **BSN**

**TOPICS:**

**Major:** Depression; Grief; Suffering; Un-public  
**Minor:** Epaphroditus; God, the Suffering of; Potter



268 pages

## *The Gospel of God’s Reconciliation of All in Christ*

by — Professor E.F. Stroeter (1846-1922)

This classic work was written by a friend and associate of A.E. Knoch, Arno C. Gaebelein, and G.E. Hiller. This has to do with God’s plan, not only for us present believers, but also for those who will yet see how God loves them in the ages to come, through whatever means God sees fit and knows best how to apply in all our lives.

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# Tidbits of Truth #54

“Tidbits” is a column dedicated to short comments, thoughts, studies and excerpts.

## The Creator Never Fails

## My Most Precious Possession

[Excerpt:] The final accomplishment of the purpose of God depends on Himself and not on man. The creature may fail, the Creator never fails; and no amount of blunders, mistakes, failures or perversions of the creature shall disarrange or thwart the plans of the Creator. This is our hope; this is the hope of the world; this is the True Basis of Redemption. Man is God’s Own work; He has begun to create Him in His Own image and likeness; He will surely finish the work, for He will have a desire to the work of His Own hands (Job 14:15).

[Excerpt:] The consciousness of God is my most precious possession. It supports me in my trials and tempers my success. It changes life from a desperate gamble to an exultant assurance that I cannot miss His goal. I would not trade it for all the mines of golden California. All the pearls of the Pacific could not purchase it from me.

— Arthur P. Adams (1847-1925)  
[The Purposes of God and the True Basis of Redemption](#)<sup>1</sup>

— A.E. Knoch (1874-1965)  
[The Unveiling of Jesus Christ](#)<sup>2</sup>

BSN

### TOPICS:

- Major:** [*The Creator Never Fails:*] Sovereignty [*My Most Precious Possession:*] Faith; God
- 2. [Editor:]** On the [order form](#) under “A.E. Knoch.”

1. [Editor:] On the [order form](#) under “Arthur P. Adams.”



100 pages

## Suffering: God’s Forgotten Gift

by — Clyde L. Pilkington, Jr.

Two gifts given to the believer are mentioned by Paul in Philippians 1:29. The first is “to believe on Him.” This is a glorious gift. Every believer has been given this gift from God. Those who possess it may not even fully recognize it as a gift from Him, but indeed faith is God’s wonderful gift to us. Faith is a rich gift from God, but there is also another gift from God to the believer, mentioned by Paul in Philippians 1:29, that is equally as glorious. The second gift is “also to suffer for His sake.” This, too, is a glorious gift. Every believer has been given this gift from God as well, but those who possess it often do not fully recognize it for what it is. Indeed, suffering for His sake similarly is God’s wonderful gift to us. Paul teaches us to embrace this second gift as well as we do the first!

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“It is rare to find someone who even mentions the topic of suffering, but you wrote an entire book on it, which I highly recommend to everyone!” – *Facebook*

“After being surprised by a very unexpected and major surgery for stage III cancer, your book on Suffering was most welcome, putting a lot of things in perspective.” – *WI*