

This may seem an oversimplification to the intelligentsia, but those whose trust is in the Lord are accustomed to faith being belittled by the academic elite (1st Corinthians 1:18-25). This is not to suggest Christians ought to dismiss science – far from it. The scientific method is honorable, but not consistently practiced. The scientific method depends on testing a hypothesis and gaining reproducible data. It now appears the Serotonin Theory of Depression was not substantiated in this way. It is not science, but scientists who are to blame. Thus, inspiration warns, *“keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of **science falsely so called**: Which some professing have erred concerning the faith”* (1st Timoth 6:20-21 KJV). Not science, but so-called science opposes faith and causes error.

While Jesus did make a spiritual comparison to the usefulness of physicians by saying, *“Those who are well have no need of a physician, but those who are sick”* (Mark 2:17), Scripture also acknowledges that real-world medical practice is not consistently effective. Concerning the woman who was healed by touching the hem of Jesus’ garment, it is written, *“a certain woman had a flow of blood for twelve years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse”* (Mark 5:25-26). Without categorically chastising the entire field of medical practice, the reality is that some doctors only succeed in enriching themselves without ever curing their patients; in fact, some patients worsen under treatment.

Physicians can be very helpful in setting broken bones, stitching wounds, performing surgeries, and occasionally prescribing medicine, but caution is needed. The sin so often condemned in Scripture called *“sorcery”* with its practitioners *“sorcerers”* (Galatians 5:20; Revelation 9:21; 18:23; 21:8; 22:15) comes from the Greek words “pharmakeia” and “pharmakeus” respectively, meaning, pharmacy/medicine and pharmacist/druggist/poisoner. The concept is that the deceptions perpetrated by witchcraft were often done under the influence of mind-altering drugs. Chemicals with the ability to either alter or diminish perception should only be used sparingly to remediate pain (1st Timothy 5:23), but ought to be avoided for the most part. The fact that more than one in six Americans over age twelve, 13.2%, are prescribed antidepressants indicates something other than sparing usage even if the prescription was harmless and effective.

Since science and medicine often take ages to catch up to God’s revelation, it is most efficient to accept His word on the subject of depression. His inspired message is that depression is rooted in anxiety. Faithful disciples know the proper alternative to anxiety is prayer, as Paul wrote, *“Be **anxious for nothing**, but in everything by **prayer and supplication**, with thanksgiving, let your requests be made known to God; and the **peace of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus”* (Philippians 4:6-7). Yes, the peace of God guards the heart and the mind of the one who turns anxiety into prayer, as Peter also wrote, *“Humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him**, for He cares for you”* (1st Peter 5:6-7). Whatever is worrying the Christian needs to be transferred into the Lord’s care. He can handle it better. Jesus commanded, *“Do not worry”* (Luke 12:22) and asked, rhetorically, *“Why are you anxious?”* (26), before stating, *“Do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you”* (29-31). The solution to anxiety, according to Christ, Himself, is to relentlessly pursue the spiritual good while releasing material burdens into His hands. If the world thinks that is simplistic, let them.

In overcoming depression, there is room for counseling, as inspiration teaches, *“The way of a fool is right in his own eyes, but he who heeds counsel is wise”* (Proverbs 12:15). Take note, though, that the counsel urged in the Proverbs most often pertains to making great plans (Proverbs 15:22; 19:21; 20:18). If the counseling a depressed person receives is little more than giving voice to complaints, it is counterproductive (Philippians 2:14), steering them away from gratitude towards God.

Depression is, inarguably, a matter of mental health. Thankfully, God gives instruction about the mind, saying through the apostle Paul, *“Do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God”* (Romans 12:2). The mind can and must be renewed. Said renewal happens by rejecting a worldly mindset and proving God’s will, which is consistent with other exhortations from the New Testament: *“Be renewed in the spirit of your mind”* (Ephesians 4:23).

***"WHAT MUST I DO
TO BE SAVED?"***

ACTS 16:30

LEARN THE GOSPEL

John 6:45; Romans 10:17

BELIEVE IN CHRIST

Hebrews 11:6; John 3:16

CONFESS CHRIST

Matthew 10:32-33; Romans 10:9-10

REPENT OF SIN

Acts 3:19; 17:30

BE BAPTIZED INTO CHRIST

Mark 16:16; Romans 6:3-6

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

***"THE ASSEMBLING OF
OURSELVES TOGETHER"***

HEBREWS 10:24-25

SUNDAY

Worship @ 10:00 a.m.

Studies @ 11:45 a.m.

WEDNESDAY

Studies & Worship @ 7:00 p.m.

75 Sherrod Boulevard
Belén, New Mexico

Seekers Welcome.
Members Expected.

***"IF A MAN IS OVERTAKEN IN
ANY TRESPASS...
RESTORE SUCH A ONE"***

GALATIANS 6:1

CONFESS TRESPASSES

James 5:16; 1st John 1:9

REPENT OF SIN

Acts 8:22

PRAY FOR FORGIVENESS

Acts 8:22

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

"A WORD FITLY SPOKEN"

PROVERBS 25:11

"You worry too much for
someone whom God has never
failed."

GIVE ME THE BIBLE

KDNF 840AM

Sunday @ 9:00 a.m.

"WHOLE COUNSEL"

ACTS 20:27

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THE CAUSE AND CURE FOR DEPRESSION

Bryan Matthew Dockens

The journal Molecular Psychiatry published in July 2022 a study by Moncrieff, Cooper, Stockmann, Amendola, Hengartner, and Horowitz, "The Serotonin Theory of Depression: A Systematic Umbrella Review of the Evidence," stating, "The main areas of serotonin research provide no consistent evidence of there being an association between serotonin and depression, and no support for the hypothesis that depression is caused by lowered serotonin activity or concentrations."

That depression was caused by chemical imbalance in the brain was hypothesized in the 1960s and popularized in the 1990s, resulting in the current, widespread public belief that depression can be effectively treated with pharmaceuticals. However, "comprehensive review of the major strands of research on serotonin shows there is no convincing evidence that depression is associated with, or caused by, lower serotonin concentrations or activity. Most studies found no evidence of reduced serotonin activity in people with depression compared to people without, and methods to reduce serotonin availability using tryptophan depletion do not consistently lower mood in volunteers."

Rather than turning to neuroscience to explain a mood, it is better to accept the divine explanation that *"Anxiety in the heart of man causes depression, but a good word makes it glad"* (Proverbs 12:25).

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