

Am I Depressed? A Self-Check Tool

A gentle starting place to gain clarity, seek help, and take hope-filled next steps.

 Quick Checklist: “Am I Depressed?”

Mark any of the following you’ve been experiencing regularly for 2 weeks or more:

Emotional Symptoms

- I feel sad, hopeless, or numb most of the day
- I cry often or feel like I want to cry but can’t
- I’m irritable, angry, or overwhelmed easily
- I feel worthless, ashamed, or like a burden
- I’ve lost interest in things I used to enjoy

Physical Symptoms

- I’m sleeping too much or not enough
- I’m eating too much or barely at all
- I feel tired even after resting
- I have unexplained aches, pains, or tension
- I have low energy or feel like I’m moving in slow motion

Mental & Behavioral Symptoms

- I have trouble concentrating or making decisions
- I isolate or avoid people and responsibilities

- I feel numb, detached, or like I'm just surviving
- I've had thoughts like "What's the point?" or "Everyone would be better off without me."
- I've used substances, self-harm, or dangerous behaviors to cope

Spiritual Symptoms

- I feel distant from God
- I've stopped praying, reading, or fellowshiping
- I feel like I've lost hope or am too broken for God
- I believe I'm being punished or forgotten by God

 If you checked 5 or more, especially across multiple categories, this is a warning light on your dashboard. You are not weak or broken—you are human and in need of care. You do not have to do this alone.

Daily 5-Minute Check-In

1. What emotion is loudest in me today?
 2. What is one thing I need right now?
 3. Have I eaten, slept, and moved today?
 4. What is one kind or true thing I can say to myself?
 5. Where do I feel God is? Can I invite Him into this moment—even if I feel nothing?
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A Word About Your Body

Depression is often multidimensional — emotional, spiritual, and physical. Hormone imbalance, thyroid issues, chronic pain, nutrient deficiencies (like vitamin D or B12), and neurological trauma can all contribute.

 If you are feeling depressed, please consider getting a physical with full bloodwork. You are worth investigating what's happening in your whole body—not just your mind or spirit.

What About Medication?

At Abba Reach Ministries, we support your freedom to make informed medical decisions. Taking medication is not a lack of faith. It's a choice between you and your doctor. For some, it helps stabilize enough to do the deeper healing work. For others, it may not be the path. There is no shame either way.

You Are Still Loved

You are not a burden. You are not invisible. You are not stuck forever. This tool is not meant to diagnose you—it's meant to encourage you to pay attention, ask for help, and remember: God is not overwhelmed by your overwhelm.

You're Not Alone: Depression and Despair in the Bible

Depression isn't just a modern issue. Throughout Scripture, faithful people experienced intense sorrow, hopelessness, exhaustion, and emotional darkness. Some cried out to die. Some isolated. Some wrestled to remember what was true. And yet — God didn't abandon them. He met them in the pit.

Elijah – Wanted to Die After Doing Everything Right (1 Kings 19)

After a huge spiritual victory, Elijah crashed. He ran into the wilderness, laid down under a bush, and said, "I've had enough, Lord... take my life." He was exhausted, overwhelmed, and felt alone. God didn't scold him. He sent food, rest, an angel, and His quiet presence.

David – Weeping Through the Night (Psalms 6, 13, 42, 143)

David didn't hide his despair. He wrote, "My soul is in anguish... all night long I flood my bed with weeping." He felt abandoned, anxious, and crushed. But again and again, he brought his

feelings to God — not cleaned up, but raw. The Psalms teach us how to pray through depression honestly.

Job – Lost Everything and Cursed the Day He Was Born (Job 3)

Job didn't just grieve — he despaired. After devastating loss, he wished he'd never been born. His friends misunderstood him, and his suffering made no sense. But God eventually spoke — not with simple answers, but with presence, power, and a reminder that Job was not forgotten.

Jeremiah – “My Soul Is Downcast Within Me” (Lamentations 3)

Jeremiah experienced soul-deep anguish. He said, “I forgot what happiness is... my soul is bowed down within me.” But then he chose to recall God's mercy and hope. Even when emotions didn't change instantly, he anchored himself in truth.

Paul – Under Pressure “Far Beyond Ability to Endure” (2 Corinthians 1:8–9)

Paul admitted he and his companions were so burdened they “despaired of life itself.” But in that pressure, he said it taught them to rely not on themselves, but on God who raises the dead. Sometimes depression reveals our need — not our weakness.

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“Surely the arm of the Lord is not too short to save...” – Isaiah 59:1

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