



Name \_\_\_\_\_

## Don't Be A Jonah Week 2 • Page 1

### Deep Depression: Going Deeper

Read chapter three of the book and 1 Timothy chapter three

1.) Name at least four symptoms of depression.

1 \_\_\_\_\_ 2 \_\_\_\_\_  
3 \_\_\_\_\_ 4 \_\_\_\_\_

2.) Name one side effect of depression evident in Jonah's behavior.

\_\_\_\_\_

3.) Name the three areas where we see Jonah going on a downward spiral effect.

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

4.) What was one of the Hebrew definitions for the word valley in the Bible?

\_\_\_\_\_

5.) Give the three Bible references Pastor Anthony mentioned in chapter three that had to do with a valley.

Psalms \_\_\_\_\_ Ezekiel \_\_\_\_\_ Psalms \_\_\_\_\_

6.) Regarding the man that Pastor Anthony encountered in the restaurant, what kind of spirit was he dealing with and what scripture reference identifies that spirit?

Kind of spirit \_\_\_\_\_  
Scripture reference \_\_\_\_\_

7.) List at least three Hebrew definitions for the word depression.

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

8.) After reading this chapter, describe in your own words what you would say the antidote or cure for depression is?

\_\_\_\_\_  
\_\_\_\_\_

9.) In 1st Timothy chapter three, list at least five characteristics of a church leader based on a deacon's position.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
4 \_\_\_\_\_ 5 \_\_\_\_\_

10.) Do you know someone you can encourage that is dealing with depression? If so, share it with someone and please explain how they responded. If not, explain in your own words how this homework has helped you.

\_\_\_\_\_  
\_\_\_\_\_



Name \_\_\_\_\_

## Don't Be A Jonah Week 2 • Page 2

### The Isolation Trap: Going Deeper

Read chapter four of the book and 1 Timothy chapter four.

1.) List at least three of the Hebrew definitions for the word Isolation?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

2.) What do we learn from Elijah about some of the exaggerations a person tells themselves when they become isolated?

\_\_\_\_\_  
\_\_\_\_\_

3.) List at least three of the consequences of King David's isolation from his soldiers.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

4.) We find out David wasn't alone; he was actually visited by someone in the unseen world. Who was it?

\_\_\_\_\_

5.) According to Matthew 18:19-20, what are some of the benefits of not being isolated but being around other believers?

\_\_\_\_\_  
\_\_\_\_\_

6.) According to Ecclesiastes 4:9-12, what are some of the benefits of not being isolated but being around other believers?

\_\_\_\_\_  
\_\_\_\_\_

7.) Pastor Anthony talked about a woman whom he ministered to in a certain city. What was she thinking about doing before she heard the message about Jonah and isolation?

\_\_\_\_\_

8.) Jesus was believed to be placed in a pit at the quarters of Caiaphas the high priest. Psalms 88 describes how Jesus felt and how he prayed. Explain in your own words how Jesus felt.

\_\_\_\_\_

9.) God made man and woman to be married so they won't be alone or isolated. The book of I Timothy tells us in the last days there will be false doctrines that teach you not to marry. It's called doctrines of demons. In what chapter and verse is this found?

1 Timothy \_\_\_\_\_ : \_\_\_\_\_

10.) In 1 Timothy chapter four, Paul the apostle ministers to young Timothy to meditate and study the word and that he shouldn't be discouraged about his youth. Fill in the blanks to complete some of his final important advice to Timothy in this letter.

Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both \_\_\_\_\_ and \_\_\_\_\_ who hear you.(NKJV)