

# Fighting Depression

Dear Reader,

Dealing with depression is never easy. The reasons behind it can be as simple as a nutrition or hormonal imbalance, or as complex as trauma from childhood. But when you are in the midst of it, trying to live daily life is a struggle and thriving seems like an impossible dream.

I have waged this war. The reasons behind my depression were a mix of hormones, nutrition, and life circumstances. God showed up in my weakest moments and gently led me out of the fog, but I had to do my part in following His lead. It was never easy, but it was worth it.

I don't know what the right answer is for you, but I can offer this encouragement:

*You are not alone.*

Not only do many people (even Christians!) face depression, but God stands ready to love and guide you through it.

*This is not all there is.*

This moment may seem all encompassing, but it's not. You can grow out of it, find health and wellness, grasp peace and comfort.

*God has a purpose for you.*

The battle you currently face is not easy or fun, and you may never understand these trials. But God loves you, has a plan bigger than this battle, and He wants you to join Him in it.

Talk to your doctor. Seek counseling. Refuse to isolate yourself. Read a Bible.

Additionally, maybe one of these articles will bring you comfort and encouragement.

- 5 Things Christians Should Know about Depression and Anxiety by Brandon Peach, <https://relevantmagazine.com/article/5-things-christians-should-know-about-depression-and-anxiety/>
- To the Depressed Christian by Mary Keith, <https://www.cru.org/us/en/blog/life-and-relationships/emotions/to-the-depressed-christian.html>





- Depression in the Christian Family by Karen Morgan,  
<https://www.focusonthefamily.com/lifechallenges/emotional-health/depression/depression-in-the-christian-family>
- Depression: Reject the Guilt, Embrace the Cure by Bruce Hennigan, M.D.,  
<https://www.focusonthefamily.com/marriage/facing-crisis/dealing-with-depression/depression-reject-the-guilt-embrace-the-cure>
- Overcoming Depression Biblically and Naturally by Stephen Shober,  
<https://www.bereanbiblesociety.org/overcoming-depression-biblically-and-naturally/>
- God's Work in Your Depression by John Piper,  
<https://www.desiringgod.org/interviews/god-s-work-in-your-depression>

I'm praying for you,

*Carrie*