



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.**

*Psalm 42:5*

## **Tough conversations about depression**

Your body aches, your energy runs low, and all you can think about is how much you would love to just stop to rest. You keep running toward the finish line, but it seems as if the longer you run the more distant the finish line is. No matter how hard you keep pounding the pavement, the end never comes. You tell yourself “Just one more step, just one more step.” Eventually, you collapse. Out of energy and in pain, you wonder if it will ever end.

Does this sound like everyday life for you?

Depression is a reality that can hound and chase us every day. It seems as if everyone else has their lives put together. But for you, each day is a struggle. The loneliness, the guilt that haunts us, the fear of what’s going to come next, or simply not even having drive to get moving in the morning, depression cripples everyday life. This describes the life of many people, maybe even your life.

Depression has always been a very real thing for God’s people. In this psalm, the writer experiences a very real despair. He asks despairing questions: “Why are you downcast, O my soul?” and “Why have you forgotten me, God?”

What do I do with this depression? How do I go on from one day to the next? What does God say about all this?

The answer is found here in the psalm. “Hope in God; for I shall again praise him, my salvation and my God.” There is no magical cure to make the darkness go away, but there is a rock, a sure foundation to stand on when dark days come. It is our salvation and our God, Jesus Christ. Christ, your God, came down to be a man and suffer as you have, as your own brother. He took upon himself the guilt of the whole world. All your sins, every last one is nailed to his cross, and they cannot come back again. Now Jesus rules all things for your benefit.

Put your hope in God. He is your Savior. He is your brother. He is your God. He knows your struggle. He knew a despair that is greater than anything you have experienced. He knew what it was to be abandoned by God. This One is your Savior and your God. Put your hope in him. He is with you in the deep waters of your depression, and he won’t ever leave you.

**Prayer: Lord Jesus, when depression comes and overwhelms me, lead me to put my hope in you. As the storms of life assail me, continue to be my rock and salvation. Turn my thoughts and my heart to you, so that I trust your promises. You are my Rock, my Salvation, and my God. Stay with me and help me. Amen.**