



Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:5

Depression

Feeling depressed can be a horrible thing to go through. Sometimes you feel down because something very specific happened, like breaking up with a close friend. Other times those sad feelings seem to come up for no reason at all.

It is normal to feel depressed. We were created to inhabit sinless bodies in a sinful world, so it is bound to happen that we will long for things that this world cannot give. That is something to be sad about.

Did you know that even Jesus felt depressed? Check out Matthew 26:36-38 if you have time today. There are two things from it that stand out:

1. Jesus recognized that he began to feel sorrowful and troubled. He didn't ignore it and hope it would just go away. He identified the feeling for what it was.
2. He talked about it. He told his closest disciples, "My soul is overwhelmed with sorrow to the point of death." Jesus was not afraid to let others know how he was feeling.

What do you tend to do when you feel depressed? While there are many ways to dull the pain, there is only one way to find peace from it. When darkness sets in and sorrow overwhelms you, know that you have a future filled with hope. Even though you do not feel joyful in the moment of feeling depressed, there are plenty days ahead when you will be singing, dancing, and celebrating.

You are loved so much by God that he wants to be with you, even when your life is full of struggles. How amazing that you do not have to go through the struggles alone.

Prayer: Dear Father, there will be times in my life when I am feeling depressed. It happens to everyone, even your Son Jesus. Remind me of your promises when I am feeling down. Give me eyes to see the hope you hold out to me in Christ. It's in his name I pray. Amen.