

Dance Your Way Out of the Darkness of Depression

Sometimes depression is the monster that can destroy our peace. But when we know where to find peace, freedom finds us.

I received this announcement in the mail. It read: "The Foundation Fighting Blindness is sponsoring a dinner dance in the dark."

A clever thing. Not only is it a fundraiser for research to find a cure for blindness, but also for sighted folks to catch a glimpse of the world of the blind. Thus, the event will be held in the dark.

Interesting, right? You can be sure hands will be in the mashed potatoes. Who knows how many glasses of water will be spilled? And, with no lights, wait till they have to visit the bathroom.

I've Been in Physical Darkness

Actually, I'm there now. Living for over 30 years without sight, I've grown accustomed to it. But the funny thing is, I often forget I'm blind. Okay, you can laugh. It's kind of silly, but I do forget. In fact, I even enjoy dancing. That's why that dinner dance in the dark is way too familiar to me.

Though it's familiar, the dance back then wasn't pleasant. When a retinal disease closed my eyesight, I danced with depression in the darkness of my misfortune.

The steps were awkward and clumsy. I slammed into obstacles while I groped, searching for healing. But fear, anxiety, pride, stubbornness and self-pity blocked my path to happiness. And instead, they took me to depression.

The depression made my world even darker. Seeking a cure,

looking for freedom and answers only added to the emotional bruises, cuts and wounds.

But when the mess became too much, I became aware of what I was missing: the wisdom to reach out to God, who had the path out of my plight. He knew the source of my sadness. And He had the light to shine into my darkness.

Thank You, Lord

The day He turned on that light for me, the light of His Word, the splendor of His ways and the clarity of His path, life began for me. Like a flower blooming, my heart opened up to joy, and His reminder ever echoes in me:

For you were formerly darkness, but now you are light in the Lord. Walk as children of light— for the fruit of the Spirit is in all goodness and righteousness and truth—proving what is pleasing to the Lord. And do not have fellowship with the unfruitful works of darkness; instead, expose them. For it is shameful even to speak of those things which are done by them in secret. But all things are exposed when they are revealed by the light, for everything that becomes visible is light (Eph. 5:8-13).

And what became visible was the dance floor where Jesus leads the dance, step by step, day by day to the melody of His promises.

Let's Pray

Father, I confess the pride and anxiety that led me nowhere. Thank you for the light that showed me to the path of Your love and Your healing. In Jesus' name.

What leads your path out of darkness? {eoa}

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back joy.

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