

Dwayne 'The Rock' Johnson: Faith Helped Me Battle Depression

Dwayne Johnson, who you may know as "The Rock," told *Oprah's Master Class* it was his faith that helped him hold on when his world was falling apart.

"Hold on to that fundamental quality of faith. Have faith," Johnson says. "And on the other side of your pain is something good."

It was his faith that helped guide him from football to wrestling, Johnson says.

Johnson has spoken openly about his faith before, telling the *Gospel Herald* he counts his blessings every day.

"I have my own special relationship with God, you know, and I certainly, I feel very blessed. I count my blessings, every day," Johnson reportedly said.

Watch the video to see a bit more of his testimony.