

How This Popular Christian Artist Overcame Suicidal Thoughts, ‘Insane Depression’

Christian singer Jamie Grace is known for her stunning vocals and upbeat personality. The 27-year-old performer routinely uplifts her peers with inspirational YouTube videos and chart-topping hits. But life hasn't always been simple and carefree for “The Happy Song” singer; Grace has bravely faced some uphill challenges.

During a recent episode of ‘s “Pure Talk,” Grace candidly shared her journey into music—and her quest to overcome intense personal struggles, including her battle with Tourette syndrome.

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“When I was 11, I was diagnosed with Tourette syndrome, [obsessive-compulsive disorder], [attention-deficit/hyperactivity disorder] and anxiety,” she said. “And I was like, ‘this is a lot of things to deal with, this is a lot of stuff on my plate.’”

The singer said that she found herself facing “insane depression” as she coped with these life-altering challenges—a depression that left her deeply impacted.

“I had moments of being suicidal, and I had moments of just feeling lost and just wanting to be finished and done,” Grace said. “I had a kind of a mindset that I needed to get through my pain to experience joy—that I needed to get through the tunnel to see the light at the other end.”

Watch Grace reveal how she overcame her intense struggles:

But she said she eventually realized that she didn't need to get to the end of the tunnel to see the light, and that God was ready the entire time to come alongside her and offer comfort.

"It's about realizing that, even when you're in the midst of the tunnel, God is reaching in there, and He's saying, 'I'm not about to make it perfect. I didn't say I was about to make it easy,'" she said. "Jesus was saying ... 'I'm going to reach in in the middle of that despair; I'm going to be there with you through it.'"

"My joy was not something that I had to wait for the pain to end. My joy was something that even though my pain was so great, God's joy was even greater," she added.

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At 27, Grace said she still has her struggles with anxiety, but that prayer is a solace. She also makes a concerted effort to surround herself with good people.

The singer also shared the deep roots of her love for music, explaining that she started singing when she was a small child. Her father, a pastor, and her mom—who is now her manager—helped foster a love for performing.

"My mom has always served alongside my dad, whether in preaching ministry or music ministry," Grace said. "My dad's a drummer, both grandmothers always sing in church. So it's just ... very much in my blood."

She recalled rushing up on stage when she was 3 or 4 years old to sing alongside her mom, learning early on the power that music can have on the masses. By the time Grace was 7 or 8 she was already writing songs.

Eventually, she launched a YouTube channel and started making

videos. At age 14, she was discovered by a TBN show called “iShine KNECT,” and by 17 she was touring and performing across the country. The rest is, of course, history.

Grace’s exciting career has allowed her to reach hearts and minds with positive and uplifting messages – and with excellent music.

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Despite all the negativity raging on social media, Grace said that she has used YouTube and other platforms “to show the love of Jesus” and to “share the joy and the peace” that she has found through being a follower of Christ.

Grace said that she keeps God at the center of all of her decision-making when it comes to her career.

“For me, my faith has to be at the core,” she said. “I have to stay prayed up.”

Looking for more inspiration? You can sign up for a one-month free trial of to watch additional episodes of “Pure Talk” as thousands of other movies and TV shows that your whole family will enjoy. {eoa}

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