

This Is Probably Why You're Struggling So Much Spiritually

This is not working. She slammed her fist hard on the kitchen table as she racked her brain as to how she could get out of her slump. The depression was overwhelming and she couldn't keep up with the enormous workload her boss forced on her, let alone the daily demands of her family and home life. If she were honest with herself, getting out of the bed and just living seems too much to ask.

"Jesus, I ask for help and get nothing. I feel weighed down and depleted of hope."

If you have ever struggled with depression or anxiety, you can relate to these overwhelming feelings. I always felt as though I had to just try harder to kick the negative thoughts and feelings that plagued me. That somehow I failed to walk in my authority as a Christian.

After years of battling depression and suicidal thoughts, I finally took the advice of my pastors. I sought a therapist. By doing so, I realized that it was not weakness to seek help and it's certainly not a lack of trust in God when we decide that medication is needed. Yes, there are times when God navigates us toward separation from medication. But there are other times when God directs us toward medication so we can get a boost out of the pit.

Listen to my latest podcast to learn why you're struggling so much.