

Bethel Leader: How God Rescued Me From 'Season of Darkness' After My Nervous Breakdown

Brian Johnson, senior worship pastor at Bethel Church, says he thought there was no escape from his 6-month nervous breakdown. Then he rediscovered the love of Jesus. Johnson says in the video, "Our culture often teaches us to man up instead of admitting that we're hurting or feeling any pain. We were designed to feel the pain and bring it to the father. That's what Jesus did. He felt the pain and laid it at the Father's feet. That season of darkness had opened my eyes to the reality of a better way. It was in that darkness when God became real." Watch the video [here](#).