

God Has The Answer To Depression

Many women experience periods of sadness due to loss, frustration or chronic health problems. At times we can initiate our own depression through self-pity, jealousy and unrealistic expectations. Regardless of the source, God's desire for us is freedom. We need not be subject to the power of the enemy.

READ: Ps. 40:1-5; Ps. 61:1-4; Ps. 62:5-8; Ps. 138:1-8; Is. 26:3-4; Phil. 4:6-8.

HEART ISSUE: Disappointment and anger against the Lord are often components of depression. Remember that God is for you and that healing begins with submission to His sovereign will.

PRAYER FOCUS: Father, we ask that You comfort all believers who are struggling with depression. May the encouragement that only You can give flood their beings and lift them high above their circumstances. If sin is the cause, expose it and bring repentance and deliverance. Strengthen them for each moment by the Spirit.

Read a companion article.