

Grammy Winner Declares Four Words to Defeat Depression, Suicide

Zach Williams has a simple message for anyone being ravaged by depression or suicidal thoughts: “Fear is a liar.” His music video for “Fear Is a Liar” features people struggling with suicidal tendencies while Williams declares hope over them. For anyone battling these demons in life, please note that the video contains non-graphic depictions of suicidal behavior; discern your ability to watch accordingly. The YouTube description section also features information on resources and numbers to call for professional help. Regardless, all believers can rest assured that fear is a liar—and no one is ever alone if Christ lives within.