

How to Handle Your Depression During the Holidays

How are you holding up during this holiday season? Thinking about others is a great way to get through the holidays, especially when you feel alone or saddened by losing a loved one.

There are so many people struggling this season. Thinking of others can help you know how blessed you are. When you realize you are not alone and there are others experiencing the same emotions during this time, you'll find a strength you didn't think was possible.

God will give you strength to pray for others, love others and help others. Showing God's love during this season gives Him glory. The gift of strength God has given you is the part that allows you to think of others when you are going through intense pain. What a reward and honor.

The Father chose you despite your issues, despite your feelings and despite your desires. When you press through all of this in obedience to Him, He gets the glory, other people get the blessing and you receive the reward. What a beautiful picture.

This holiday season doesn't have to be gloomy. This season has the potential to be the best season ever! Take time to lay all of your problems and emotional turmoil at the feet of the Father. Stand up and be that amazing vessel He has created you to be. This is an amazing opportunity to break out and to break through. Change the course of the assignment of the enemy with your mind made up to overcome.

Happy holidays. {eoa}

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