

Mark Chironna Reveals How to Find Hope and Healing in Your Dark Seasons

So many of God's people are stressed, burnt out, battling with depression and insomnia. How can this be when Jesus promised a peace that is beyond what the world can offer?

Unfortunately, in many church circles, we try to confess our way out of the pain and, as a result, we are denying it without ever receiving the healing we desperately need.

Jesus didn't just come to heal our physical bodies; He came to heal us from emotional pain and trauma, and He desires for all His people to walk in wholeness and freedom.

On the latest episode of *Awaken Podcast*, I have a candid conversation with Dr. Mark Chironna about a dark season in his life and how he came out of it by the power of God's love and grace.

Connect with Michael Lombardo at [@michael.lombardo](#), on Facebook and on YouTube. Order his book, Immersed in His Glory, [here](#).