

BATTLE WITHIN

READ: PSALM 42:5; REVELATION 21:1-5

Editor's Note: Today's devotion discusses depression, suicide, and other mental health struggles.

Tears distorted my view of the road as I cried out to God. Depression and embarrassment weighed heavily on me as I remembered how I had “lost it” in front of camp counselors. Unable to gain control of my emotions, I packed up and made the hour drive home.

The camp incident exposed the climax of my battle with despair and hopelessness. Because of my responsibilities as wife, mom, church staff member, and seminary student, I felt I had no time for emotional chaos, but this incident made it clear: I had to make time to deal with my depression.

Some believe that Christians are immune to mental health struggles. However, this is just not true. In this broken world, depression, anxiety, and other mental health struggles happen to people of all ages and backgrounds.

But here's the great news: Christ, who died on the cross and rose from the grave, is the Victor over sin, death, and brokenness. In Him, we have hope and peace. Depression and anxiety don't have the last word, because Christ will one day destroy all suffering (Revelation 21:1-5). In the meantime, Jesus promises to be with His people through anything we face and provides rest from striving to be good enough (Matthew 11:28; 28:20). Jesus—who is God—also gives peace that cannot be shaken because it is tied to the peace He has given us before God (John 16:33; Romans 5:1).

My healing from depression began by telling others about my brokenness: God, my family, and a professional counselor. If you're dealing with depression, anxiety, or another mental health struggle, reach out today. You are never alone. 📖 *Debbie Ewald*

The punishment that brought us peace was on him, and by his wounds we are healed. Isaiah 53:5b (NIV)

- ❗ If you're dealing with any kind of mental health struggle, who are trusted people you can reach out to—such as counselors, pastors, parents, or teachers? _____
- ❗ If you or someone you know is struggling with depression or feels hopeless, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). You can also talk with someone via web chat at suicidepreventionlifeline.org/chat/
- ❗ If your situation is potentially life-threatening, call 911 (or the emergency number for your area) or go to the local hospital emergency room right away.
- ❗ If you need someone to talk to but are not in need of immediate help, you can set up an appointment for a one-time complimentary phone consultation with a Christian counselor through the Focus on the Family Counseling Service. In the United States, call 1-855-771-HELP (4357) weekdays 6:00 a.m. to 8:00 p.m. (Mountain Time) to set up an appointment. In Canada, book your appointment by calling 1-800-661-9800 between 8:00 a.m. and 4:00 p.m. (Pacific Time) and ask to speak with the care associate.

