

# Faith & Depression

Can a true Christ follower struggle with depression?

Yes.

Depression is not selective — it can touch anyone, at any time. The difference for the believer is not immunity but access: access to God's truth, His presence, and His power in the middle of the struggle.

Even people who deeply love Jesus can find themselves in seasons of darkness — just like Lauren Daigle, who once described her world as “spinning out of control.” In her words, “The beauty of God is that He will meet you right where you are.”

That's the hope every follower of Christ can hold onto: **God meets us in the dark.** He does not shame us for our weakness — He strengthens us in it.

## WHEN HOPE FEELS FAR AWAY

Hopelessness often sits at the root of depression. When life feels heavy, when prayers seem unanswered, when strength runs out — it's easy to believe hope has slipped through our fingers.

But God's Word speaks right into that moment.

*“My grace is sufficient for you, for my power is made perfect in weakness.” — 2 Corinthians 12:9*

Paul knew what it was like to feel weak, to live with a “thorn in the flesh.” Yet instead of removing the struggle, God filled it with His presence. His grace didn't erase Paul's pain — it carried him through it. Depression does not mean your faith has failed. It means your humanity needs His healing.

## THE BATTLE IN OUR MINDS

Another trap of depression is the war that happens in our thoughts.

Satan is the father of lies — lies that say you're worthless, forgotten, or beyond repair.

But God's Word gives us a different filter for our minds:

*“Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about these things.”*

*— Philippians 4:8*

Every time we fix our thoughts on God's truth, we take back ground the enemy tried to claim.

Comparison, social media, perfectionism — all of them feed the lie that we're falling behind. But God doesn't measure our worth by what we post or achieve. He sees what we need, not what we lack. He calls us to rest, not to perform.

## **FREEDOM IN COMMUNITY AND COUNSEL**

God never designed us to fight alone.

Depression often thrives in isolation, but healing grows in community.

*“Do not give up meeting together... but encourage one another.” — Hebrews 10:25*

Sometimes healing comes through prayer and Scripture; other times it comes through wise counselors and support. Both are gifts from God. There is no shame in seeking help — it’s one of the most courageous steps of faith you can take.

We fight back by being honest — with God, with ourselves, and with others. We pray daily, hold our thoughts captive, and let others speak truth into our pain.

*“We take captive every thought to make it obedient to Christ.” — 2 Corinthians 10:5*

Freedom doesn’t always come overnight, but it always comes through surrender.

## **JOY IN THE JOURNEY**

Even in the middle of hardship, God is at work refining us.

James 1:2–4 reminds us:

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”*

Depression doesn’t disqualify you from joy — it can deepen it.

The same struggle that breaks your strength can build your faith if you let it.

When you surrender your fears, your thoughts, and your shame to God, you make room for His Spirit to bring healing and hope.

And when you can’t find the words, He prays for you.

When you can’t stand, He holds you up.

When you can’t see the way out, He lights the next step.

## **PRAYER**

Lord, thank You for meeting me in the dark places.

When hope feels far away, remind me that You are near.

Help me take captive every lie that says I am not enough.

Fill my mind with truth, my heart with peace, and my days with reminders of Your faithfulness.

Give me the courage to ask for help, to lean on others, and to trust that You are healing what I cannot see.

You are my strength in weakness, my hope in despair, and my light in the valley.

Amen.

## **TRUTH DECLARATIONS**

- God's grace is sufficient for me.
- My weakness is where His power shines brightest.
- I am not alone in this battle.
- I take captive every thought that doesn't align with His truth.
- My worth isn't defined by my feelings, but by His love.
- God restores what is broken and brings beauty from ashes.

## **REFLECTION QUESTIONS**

1. How do you feel God's presence when life feels heavy or out of control?
2. What lie do you tend to believe about yourself when you feel hopeless?
3. Who in your life can you be honest with about your struggle?
4. What step — prayer, Scripture, or counseling — do you sense God inviting you to take toward healing this week?

## **FURTHER READING**

- 2 Corinthians 12:9 – His grace is sufficient; power made perfect in weakness
- Philippians 4:8 – Think on what is true, right, and pure
- James 1:2–4 – Trials produce perseverance and maturity
- Matthew 11:28 – “Come to Me, all who are weary and burdened...”
- 2 Corinthians 10:5 – Take every thought captive to Christ
- Hebrews 10:25 – Do not give up meeting together; encourage one another
- Psalm 34:18 – The Lord is close to the brokenhearted

