

## Devotional: Is There Hope?

### Christian Devotion on Depression

Read: Psalm 6(NKJV)

We have times in our lives when we feel it's just all too much to bear. We feel like completely giving up on persevering and even giving up on God. It's especially hard when we have had backgrounds that have been especially challenging to breakthrough.

Isaiah 61:3 says:

*"To grant [consolation and joy] to those who mourn in Zion- to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit- that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified."*

Psalm 30:11 says:

*"You have turned my mourning into dancing for me; you have put off my sackcloth and girded me with gladness."*

And verse 5 says: *"Weeping may endure for a night, but joy comes in the morning."*

Though we go through these dark times, God will bring us back into a time of rejoicing.

Proverbs 17: 22 says:

*"A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones."*

A broken spirit brings about a sense of hopelessness. But how do we acquire a 'happy heart' and a 'cheerful mind'? I believe it can be found in our relationship with Jesus. In surrendering to Him daily. Prayerfully reading and applying God's Word to our lives. It does come. He will clothe us with the garment of praise. One thing I find that really lifts my spirit, is listening to and singing along to praise and worship music. It can transform those days of despair.

The words of the poem may be what you feel from time to time. You may be feeling this way today. But I just want you to know - 'There is hope'. And Jesus fully understands how you feel. Whatever you do, do not give up! Let God transform your life and turn your sorrow into joy.

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