

# DEPRESSION

"Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence?"

Psalm 42:5, NASB

Charles H. Spurgeon is arguably one the finest preachers ever to grace a pulpit. He also suffered from depression during much of his ministry, calling it "the minister's fainting fits.: Listen to his candid remarks about depression:

"Fits of depression come over most of us. Usually cheerful as we may be, we must at intervals be cast down. The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy. There may be here and there men of iron...but surely the rust frets even these."

Are you experiencing a pervasive sense of hopelessness, despair or sadness? Are you losing self-confidence, eating less, sleeping more, looking for comfort through alcohol or prescriptive medication? Are you withdrawing from relationships, looking to escape, oversensitive to the remarks of others, and feeling angry and resentful much of the time?

If some of these characteristics seem to fit you, perhaps you are in a state of depression. Depression wears many faces and has many causes...and even the most mature Christian finds himself feeling "blue" from time to time! Depression strikes every ethnic group and economic strata; it affects children and seniors; it paralyzes men and women...but there is hope for those caught in its grip!

The Care ministry of the Bridge include many people who are not only prepared to offer compassion to those walking through a depressed stage of life, but real help, too, because some of us have been where you are! We'll walk, talk, and pray with you during this season...so, please, feel free to call us at the Bridge or e-mail us so that we can help you begin your journey to joy and freedom again!

*We're here to help! Give us a call or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) and we will make connection with you as soon as possible! God bless you!*



THE BRIDGE