

Depression

He has not forsaken you! Life can throw some major blows our way... like the death of a loved one, the loss of a job, a failed relationship or the diagnosis of an illness. At times, the normal ups and downs of life can seem unbearable to cope with. You may struggle with overwhelming feelings of emptiness and despair. You may feel out of sync and isolated from everyone and no longer enjoy life. If you are experiencing any of these feelings, know that *you are not alone*. When we are faced with difficult times first and foremost *pray and seek God's guidance*. Despite what you are going through he has not forgotten about you. In Deuteronomy 31:6 NIV He says "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you. He will never leave or forsake you."

If you are going through a season of depression, do not be ashamed or afraid to seek support. We implore you to find someone you can confide in such as a family member, friend, a medical professional or your pastor. Surround yourself with a team of individuals who have your best interests at heart. This is a necessary step in the healing process. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10 NIV)

In challenging times, meditate on the words of God, continue to pray, remain faithful and know that a breakthrough is on the way.

If you are struggling with depression, and need to speak with someone, please email care@cascadeumc.org. If you are feeling anxious and need to share your thoughts immediately, contact the church office at (404) 691-5770 during office hours. After 6:00 p.m. and on weekends, contact our on-call Pastor at (404) 313-4225.

