



Depression

Biblical Foundation | Deuteronomy 31:8, Psalm 23:4, Psalm 40:1-3, Matthew 11:29-30

We know that at times it can feel like we are filled with hopelessness and despair, but we encourage you not to accept depression as a permanent state but instead turn to the One who will champion your every struggle. At CCV, we believe God offers us hope if we cling to Him and His promises in our darkest moments.

CCV RESOURCES

Messages

To watch one or more CCV Messages that relate to this topic:

[When God Seems...](#)

[Life's Toughest ?'s](#)

[Let's Talk About It](#)

Talk To Someone

Talk to a pastor or get connected to a professional counselor:

[Get Connected!](#)

OTHER RESOURCES

Reading Plans

YouVersion

[On Depression](#)

[God Wants to Meet You in the Dark](#)

Additional Resources

From the words of a professional counselor:

[Click Here](#)

You Rise Glorious

Mike Foster

Foster's examination of hope is one part challenge, two parts encouragement. He forces the reader to ask the following questions: How did I lose it? How do I get? How do I give it? Each question is broken down into core concepts that are essential to a life devoted to the power of fierce and free living: awareness, discovery, ownership, forgiveness, acceptance, and freedom.

Flirting with Darkness

Ben Courson

In this book, you will discover how to shift your focus from your problems to God's promises and find a community that will help you move beyond loneliness and allow you to recognize your purpose.

Fear Gone Wild

Kayla Stoecklein

Turning to Scripture for answers, Kayla discovered that God uses wilderness experiences to prepare His children—including Jesus—for his greater purpose and to work miracles inside our souls.

Forgiving What You Can't Forget

Lisa Terkeurst

Have you ever felt stuck in a cycle of unresolved pain? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right.

I Love Jesus, But I want to Die: Finding Hope in the Darkness of Depression

Sarah J Robinson

Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church.