

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

"Depression is the inability to construct a future."

-Rollo May

It is ok to be sad and even sorrowful at times. But when you stay there, your perspective becomes skewed. Days becomes unnecessarily dreary and you begin to see life through gray colored lenses. Depression is at times, more of a choice and a life style than an unbreakable curse upon us. To buy in to this lie, is to give up on hope for a better day.

Part 1: DEPRESSION

[The action of lowering something or pressing something down.]

"William" fathered a new literary style and genre. However, the older he got, the harder it became for him to live up to his once mighty persona created through alcohol and drugs, And when life was no longer fun, he decided to end it.

Part 2: HOPE

[A feeling of expectation and desire for a certain thing to happen.]

"Brianna" rose to fame as the lead singer of the alternative rock band. But her journey to become a Christian sold to God began much earlier in life. After the brutal murder of one of her relatives, she began to question the character of God. Drugs and alcohol, and lifestyle would eventually give way to God's plans for her life.

Part 3: BREAK THE CYCLE

Break the painful pattern of depression by doing something different. Many times, depression attacks in the form of immobility. We don't want to do anything. Set your alarm clock, get up early and go for a hike. Take your bible and notebook and spend some time with your Savior.