

## About Depression

Hi Dear Friends!

We would like to send a word of encouragement against depression. As women, we can tend to be emotional and we might draw a sense of how well we are doing by how we are feeling. The only problem with this is that our feelings usually come from our thoughts, circumstances, and relationships. Our true place of knowing how we are doing and who we are can only be found inside of the heart and mind of Jesus. His view comes from far above the earth and is not related to what is going on in our daily lives. He knows us from within the union that He died to make real. He knows us as flesh of His flesh and bone of His bone. He knows us in a place where there is no condemnation or rejection. He knows us in His perfect love. He does not have emotions that go up and down based on constantly changing circumstances. His heart is fixed, His love is sure and steadfast, and He will never change His mind concerning how He loves those who are His own body and wife. Depression comes many times from considering ourselves in light of OUR VIEW of things. Glorious liberty and peace comes from accepting HIS VIEW and resting there in His love. Jesus died to bring us into a relationship that could lift us up out from depression into pure acceptance and love. All we have to do is receive His love and rest in the truth that we are one with Jesus and that is our identity regardless of how we feel. May the Holy Spirit comfort your hearts and bring peace to your soul concerning the tremendous gift of being joined to Christ forever.

*Yours in His love*