

Depression: Looking Up from the Stubborn Darkness

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Where Is God in the Struggle? Looking away from despair towards hope can feel risky. What if God doesn't come through for you? What if you don't feel instantly better? Instead of offering simple platitudes or unrealistic cure-all formulas, Edward T. Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the Christian gospel, and giving fresh hope to those who struggle.

Depression can be a crippling mental health issue, but with the faith in God new hope can be discovered and a path to becoming a healthy happy Christian again can be found

Originally published as Depression: A Stubborn Darkness Light for the Path, this new edition is updated with added content.

Edward T. Welch, M.Div., Ph.D., is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for over twenty-five years and has written many books including When People Are Big and God Is Small; Addictions: A Banquet in the Grave; Running Scared: Fear, Worry, and the God of Rest; Crossroads: A Step-by-Step Guide Away from Addiction; and When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety. Ed and his wife Sheri have two married daughters and four grandchildren. I cannot overstate the importance, timeliness, and helpfulness of this book. Ed has given us the wisdom that only comes from a heart shaped by the gospel and a deep compassion for people, generated by the love of Jesus. This is a must read and a must share.

--Scotty Smith, Senior Pastor, Christ Community Church; author of The Reign of Grace and Objects of His Affection

An all-too-rare combination of gospel understanding, biblical wisdom, personal empathy and long counseling experience shines through these pages. What is most needed is a course of divinely prescribed anti-depressants. Like a skilled spiritual pharmacist, Ed Welch fills that prescription for us.

--Sinclair B. Ferguson, Senior Minister, First Presbyterian Church, Columbia, S.C.; theologian; author of The Christian Life

I have come to rely on Ed Welch and others at CCEF for guidance and insight in better understanding the issues of the soul that plague many people today. For those who want to address more than just the symptoms of depression, Ed's counsel is invaluable.

--Bob Lepine, Co-Host, FamilyLife Today

Other Books

Mental Health and Your Church, Helping you and the whole church family understand, nurture and support those with mental-health conditions. Many people are struggling with mental-health conditions, exacerbated by the COVID-19 pandemic and life in our image-conscious culture. Statistics tell us that, worldwide, one in six of us will have experienced a mental-health struggle in the past week, and serious depression is the second-leading cause of disability (Mental Health Foundation). That means there are brothers and sisters in our church families battling with thoughts, feelings, impulses, and even voices that distract, drag down, and nudge them towards despair. But when it comes to helping, it can be tricky

to know where to begin, especially if we have very little knowledge of mental illnesses and are afraid of making things worse by saying and doing the wrong things. This wise, compassionate, and practical book is written by Steve Midgley, psychiatrist and Executive Director of Biblical Counselling UK, and Helen Thorne, Director of Training and Resources at Biblical Counselling UK. It will help readers understand and respond with biblical wisdom to people who are struggling with their mental health. While acknowledging the importance of liaising responsibly with medics and counsellors, this book focuses on equipping readers to play their part in making churches places where those who struggle with mental-health conditions are welcomed, understood, nurtured, and supported: a foretaste of the new creation. This is a useful book for anyone who cares for others pastorally: pastors, elders, small-group leaders, and congregation members.

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