

## Depression

Depression can be a difficult road to be on and can cause pain, not only for the one suffering, but also for those closest to them. Depression covers a wide range from having a mindset that is stuck – unable to make decisions or accomplish anything, including your normal, everyday work and ministry– to brief mood fluctuations or the feelings of sadness, disappointment or irritation that everyone can experience.

The first step towards freedom from depression is to determine all the contributing factors. Addressing physical factors is important. Note that God ministered to the physical needs of the prophet Elijah before He addressed Elijah’s deeper cause of depression in 1 Kings 19. A complete physical by a medical doctor is very important. If you are still struggling, please consider reaching out to our counseling ministry at [libertypark.org/biblical-counseling](https://libertypark.org/biblical-counseling)

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