

## DOWN, BUT NOT OUT

*It is enough! Now, O Lord, take away my life; for I am not better than my fathers. 1 Kings 19:4*

An old legend tells of an angel who was sent by God to inform Satan that all the methods he uses to defeat God's children would be taken from him. The devil pleaded to be allowed to keep just one. "Let me retain depression," he begged. The angel, thinking this a modest request, agreed. "Good!" he exclaimed, as he laughed to himself. "In that one gift, I have secured all."

In his book *Depression, What It Is and What to Do About It*, Roger Barrett describes this condition as "a miserable, wretched experience that leaves you exhausted, uninvolved, and in deep, hopeless despair. There seems to be absolutely nowhere to turn and not one single thing you can do to escape these horrible feelings. You feel doomed, trapped, and at the end of your rope.... It's awful!"

Down through the centuries, Satan has capitalized on this emotional state in the lives of some of God's choicest servants. Elijah's cry, "It is

enough! Now, O Lord, take away my life," is the cry of a despondent man. Other Old Testament men of God like Job and David knew in differing degrees and for various reasons the agony of soul that plagues a person who is really down. But these saints and countless others of God's children have emerged from the "slough of despond" stronger in faith than before.

If you are a Christian struggling with depression, be patient with yourself and with God. The light of His love still shines behind the dark clouds of your bleak existence. God brought Elijah out of his depression, and He can do the same for you.

*When plunged in darkness and despair, Our hope is in the Lord;  
Not once does He withhold His care Or fail to keep His Word.*

THOUGHT: It is better to walk in the dark with God than to go it alone in the light.

*by Dennis J. De Haan*