

Month: May 2012

Scripture: Psalms 147:3 “He heals the broken in heart, and binds up their wounds”

Food for thought: Whoever touches you touches the apple of God’s eye



The term clinical depression finds its way into too many conversations these days but we all know that everyone, goes through depression from time to time. It is absolutely normal, even for Christians. However it only becomes a problem when you remain in a state of depression for an extended period of time. I know from my own experience that the hardest thing you can do is smile when you are discouraged, in pain, defeated, overwhelmed, hopeless, and afraid. I also know that there are times when someone can be in such a state of depression that they are just unable to function. I dedicate this devotion to that woman who has been bruised & broken and by the grace of God, still standing!

I want you to know that this is what the LORD Almighty says: “for whoever touches you touches the apple of his eye.” Zechariah, 2:8:

Maybe you’ve felt hopeless, devastated, hurt and alone and it seems no one is able to mend your brokenness. Sometimes it's impossible to bear and it's also impossible for us to mend our broken spirits alone. The Bible says that no one can bear a broken spirit. That Only God can heal your broken spirit. The devastation of having your spirit broken is very real and feeling that no one can save you from it can be very traumatic. Maybe right now, as you read this, you feel broken beyond repair. But be assured there is a reason to go on and you will not stay broken forever. God can repair your broken heart and spirit; He is the master healer. If you read God's Word, you'll see that God takes people that are wounded and broken and He restores them and uses them in great ways. No one is immune to it, the important thing is to fix your eyes on God, his power, and his love for you, do not give up please turn to God, hold His promises close to your heart and believe that God can heal. He is whispering “Fear not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Isaiah 41:10

Be encouraged and know that there is a plan laid out for you and that God is committed to your full recovery and success. You may not believe this but there are plenty of people who actually think you do matter, and look forward to seeing you every day. Please Don't Give Up! God is ready to turn the defeat you are experiencing into victory.

So empower yourself today with the sure word of God and the right positive attitude. Slowly let the truths in God's word begin to touch your heart. Allow God to begin to show you the steps that you need to take in order to begin your journey 'up from depression.' You are not alone. God is wonderful and no matter how far you run or what you do, He will always be waiting for you with open arms and unwavering love to keep you from hurting and safe from any harm.

May happiness be yours.

Love

Mercy