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***“I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.” ~Psalm 6:6***

I am depressed. I’ve gone through periods of depression in my life, so this is hardly anything new. That doesn’t make it any easier though. When my alarm went off this morning, I lay in bed praying that God would simply let me die and allow me to come home. Because I am still here, I know that my time in this life is not done. He has more for me to do. Sometimes though, I don’t know if I can do it, my grief seems more than I can bear.

I’m guessing that we have all had periods in our lives when we have felt overwhelmed. Times when our troubles and sorrow seem higher than our heads; when it’s impossible to see our way out. Even in these times, though, we need to remember that God has not forsaken us. He is still here, helping us through. If we continue to read through chapter 6, we will see that the Lord has heard our weeping, and will answer our prayers.

So, even in these times when things seem bleak, remember that God is on your side. If God is for us, who can ever be against us? (Romans 8:31) Put your hope in God! You will praise him again!