

# A Letter to My Depressed Self

Dear One, I know you are in pain...

**You feel as if you can't sink any lower, and that no-one understands.  
But I do. I've been there...you know I have.**

On the other side of depression's valley, I encourage you to persevere.  
**You won't always feel this way, there are brighter days ahead!**

What a strong team you and God are together... **He is such a faithful provider!**

You cannot see clearly through your searing tears right now, but...  
**God has been with you every second of every minute of your despair and you are not alone!**

You just want your pain to end, but... **Good really can come from your pain.**

You will see the day when...

**You will know God deeply and intimately, appreciate joy, savor peace, and  
relate to others with a knowing compassion.**

God has divinely purposed good work for you to do...  
**You are a partaker with Christ in a heavenly calling.**

You have an enemy who seeks to steal, kill, and destroy, but...

**You will be victorious because God is greater than any foe who rises against you.**

Your enemy doesn't want you to celebrate your ultimate destiny, but...

**You are accepted in the beloved, a citizen of heaven, and a joint heir with Christ!**

Your enemy seeks to demean you and devalue you, but God's truth is...

**You are a loved child of God, a new creation in Christ, and a worthy friend of Jesus!**

You may feel like God is distant and angry with you, but that is another lie...

**God is for you, He loves you completely and wants to lavish His love on you!**

We are all failures, but Jesus took our imperfections on Himself on the cross...

**You are redeemed and forgiven and God considers you a saint!**

When you feel weak and are tempted to believe the lie that you aren't good enough...

**The truth is that with God's help, all things are possible!**

Striving to meet all your needs and earn the love of others is a load too heavy for you...

**Give your burdens to God who has promised to provide everything you need.**

The enemy has deferred your hope and your heart is sick, but...

**You can re-engage your hope that the Lord will restore what the enemy has taken!**

You will rise up out of this pit, proclaiming His word over yourself and your life!

**You will share the good news, trade ashes for beauty, mourning for joy!  
No weapon formed against you will prosper!**

My desire is that you will know how much God loves you!

**You are His treasured possession and He loves you with an everlasting love!**

It is my prayer that "the God of hope will fill you with all joy and peace" and that...

**You will abound in hope and believe that God's plans for your future are bright!**

God is going to bring you out of this desperate place, and when He does...

**You will have such hope to share with others!**

- YOU ARE LOVED . . . Me (& God)