

Cast the whole of your care (all your anxieties, all your worries, all your concerns, once and for all) on Him, for He cares for you affectionately and cares about you watchfully.

1 Peter 5:7 (*The Amplified Bible*)

We are not designed to carry all of life's burdens alone. Today's scripture reminds us that God loves us and does not want us to be crushed by anxieties and depression. God wants us to turn to him, and to give him permission to help bear the weight of life's challenges.

However, that is easier said than done when you are in the grip of depression. That's why it is so important to get help during those times. Someone trained in dealing with depression can give you tools you need to reach out to the God who cares for you so deeply. Then you can begin to dig your way out of the valley, and back into the light.

*your turn...*

If you, or someone you know, is suffering from depression, would you know where to go for help? Do you have people in your life who you would trust to share this burden with you? Do you trust God to help?