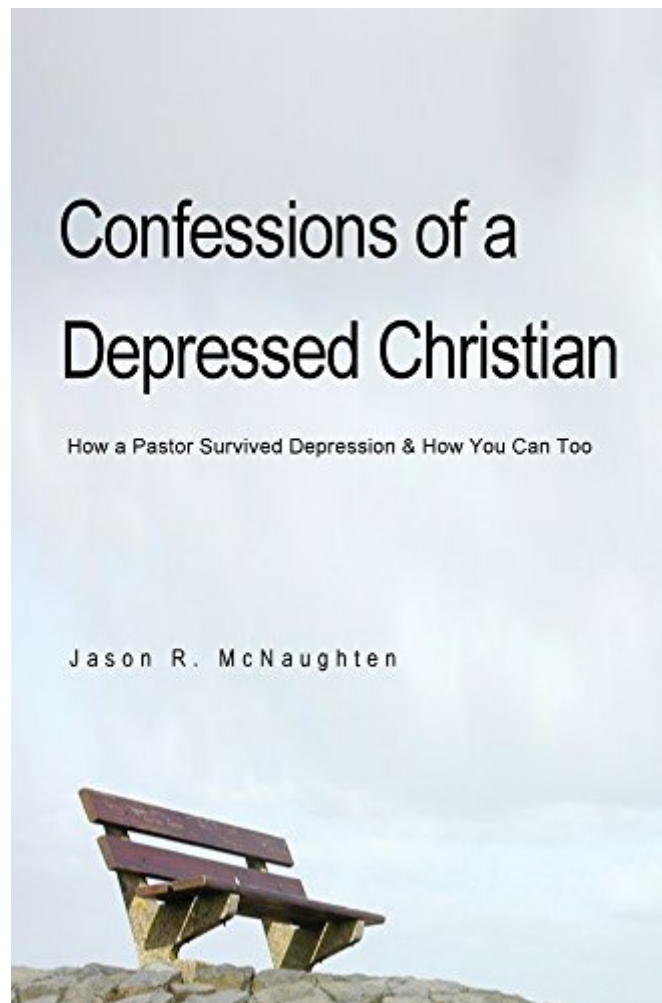




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# **Confessions Of A Depressed Christian: How A Pastor Survived Depression & How You Can Too**



## Synopsis

Is it possible for a Christian to be depressed? What does the Bible say about depression? In *Confessions of a Depressed Christian*, Jason gives an honest account of his own struggle of depression. His story provides biblical and practical information to help others struggling with depression. This book is also beneficial for family members of the depressed, as well as church leaders who minister to the depressed.

## Book Information

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## Customer Reviews

I shed many tears as I read this book. I find myself a discouraged depressed Christian. I have a husband who has battled major depression over three fourths of our marriage of thirty years. The author has given some very good coping skills for both the depressed person and their family. I will certainly put these to use. Thank you for sharing your story. I have renewed hope that we can weather this storm.

This book is most valuable for what it doesn't do. It isn't "rah, rah", "just get yourself happy" etc. The

Psalms are full of praises but they also contain chapters on sadness, grief, bitterness. Somehow contemporary evangelical Christianity seems to ignore all that, and just assume you can just "pump yourself up" to cheeriness. I like how this book doesn't sugarcoat, or make one in Depression feel "less holier, less Spirit-filled" etc. Jeremiah was called a "weeping prophet" not because he wasn't "in the Spirit" but because he was! Wish more people would come out and say their experiences like JRM. Would actually be more encouraging than just another "pick me up" message, while waiting on Lord for deliverance. Thanks JRM.

Finally some good words concerning an ignored epidemic in our Christian society. Thank you so much Jason for sharing your heart and your knowledge. Must read for any of us that has or is there.

What a great book on Christian depression! I appreciate the transparency from Jason, he tells it like it is and doesn't overly simplify the ways to overcome the dark times. I also appreciate the caring way he provides steps to fight the depression. It was an easy read and he didn't use big clinical terms that needed research to understand what they really mean. Jason, thank you for taking the time to write this book and share your personal struggles. God is using your depression for His good because your book has given hope to others, including me.

This was an easy read. Pastor McNaughten cuts right to the heart of the matter & is very transparent. We often aren't aware that pastors are doing life just as we are & they feel the effects negative and all. If anything, they are at higher risk due to the issues they often must deal with (hurting people). They need our prayers and encouragement. I appreciate this book.

This book was a GREAT help in dealing with depression. I am his oldest sister and I too have gone through depression. I'm very PROUD of my brother on his book and how our LORD has helped him through those dark days. If you are looking for a book to help you overcome those dark days, this is a good read to help. I love you Jason!

This is a really helpful book! Depression hits Christians just as much as it does non-Christians, but many times depressed Christians are put under a guilt trip, thus making them more depressed. The book is a perfect length - long enough to give sufficient information and advice and short enough that someone who is truly depressed will not be intimidated by the size of the book. The author shares enough of his own struggles to establish his credentials as a struggler with depression

without bogging us down in too many details. The advice given is practical and readily applicable. This book represents a helping hand that can pull someone out of the bog of despair. I highly recommend this book.

Having walked through valleys of depression myself as a Christian, I found this open and honest book a great comfort. The insights he has shared were also a reminder of the journey with God I have traveled. His open Question of what are the blessings that came in the struggles of your life helped me to see how great God has been in my life.

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