

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 38

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Psalm 34:18

“The Lord is close to the brokenhearted and saves
those who are crushed in spirit.”

Depression can feel like a thick fog—heavy, isolating, and ever so unrelenting. It whispers lies about your worth, your future, and sometimes even your identity. In those moments, faith can feel distant, prayer can feel hard, and hope can seem impossible.

But the beauty of God’s Word is that it does not shrink away from the reality of pain. God never expects you to pretend the darkness isn’t real. In fact, He meets you inside it.

Throughout the Bible, God draws near to those who are overwhelmed:

- David cried out, “How long, O Lord? Will You forget me forever?” (Psalm 13:1)
- Elijah lay under a tree praying to die (1 Kings 19:4), and God responded with rest, nourishment, and a gentle whisper.
- Jesus Himself said, “My soul is overwhelmed with sorrow to the point of death” (Matthew 26:38).

Struggles are a part of life. And you are not unspiritual for struggling. You are not weak. You are not forgotten. You are deeply loved by a God who understands the weight you carry—even the weight you cannot explain to anyone else.

If you are feeling a heavy weight in this season of life, hold onto these 3 thoughts:

1. God Sees You in the Shadows - Depression tells you that you're invisible, but the truth is that God sees every tear, every silent battle, every hidden exhaustion.

“Record my misery; list my tears on your scroll...” – Psalm 56:8

Your pain is not unnoticed—it's held in God's hands.

2. God Does Not Rush Your Healing - Healing rarely comes in one moment. For many, it comes through a combination of prayer, support, counseling, rest, and sometimes even medical care. God is not disappointed in you for needing help—He works through it.

“Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28

Rest. Renewal. Grace. Just like He did for Elijah...He offers those same gifts to you.

3. Light Will Break Through Again - You may not feel the light right now—but feeling is not the proof of God's presence; His promise is.

“Weeping may endure for a night, but joy comes in the morning.” – Psalm 30:5

Morning may not arrive tomorrow—but it will come. And God will walk with you until it does.

READ:

Psalms 42:5

Isaiah 41:10

Lamentations 3:22–23

John 1:5

REFLECT:

- Have you been trying to walk through this season alone? Who might God be prompting you to reach out to?
- What burdens or emotions have felt heaviest to carry lately?
- Where can you invite God into your pain today—even in a small way?
- Which Scripture from today's devotional brings you the most comfort?

PRAYER:

Father God, You see the weight I carry. Weights that no one else sees and weights that sometimes I can't even put into words. Thank You that Your presence does not leave me when my joy fades or when my strength feels gone. Be my light in the darkness, my comfort in the heaviness, and my hope when hope feels distant. Surround me with Your peace, guide me to the help I need, and remind me that I am never alone. In Jesus' name I pray. Amen.