

# Grace Notes

## A Stubborn Darkness

1.05.10



***"....Darkness is my closest friend."  
Psalm 88:18***

*"I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would be [but] one cheerful face on earth. Whether I shall be better I cannot tell; I awfully forebode I shall not. To remain as I am is impossible; I must die or be better, it appears to me."*

Believe it, or not, those are the words of a 32 year old Abraham Lincoln.

None of us are immune to the inevitable dark periods of life when we feel like, as one author described, *"a glob of unworthiness."* St. John of the Cross described it as *"the dark night of the soul."* It's a darkness that simply refuses to lift.

Some believers tend to treat depression as "the scarlet letter" of our times i.e. "A Christian should never be depressed." But rest assured—you'll find not only well respected believers in history who've suffered from depression (Martin Luther, David Brainerd, Charles Spurgeon, ...it was in response to chronic depression that C.S. Lewis wrote his *"Chronicles of Narnia"*), but you'll also find depression well documented in Scripture. The majority of the Psalms are categorized as "laments" (the rest of Psalm 88 is an intense example). And we've got an entire biblical book called "Lamentations."

Whether it's heavy, lingering discouragement or full-blown clinical depression there is hope.

Hope comes from knowing this: it's not that God will be waiting when the darkness finally lifts, but rather, regardless of how long the darkness lingers, God is with us IN the darkness – holding us. In Daniel 3, after sentencing Shadrach, Meshach and Abednego to death, King Nebuchadnezzar said, *"Look! I see four men walking around in the fire, unbound and unharmed, and the fourth looks like a son of the gods."* IN the fire—that's where God was.

*"When you go through deep waters and great trouble, I will be with you....Even when I walk through the dark valley of death I will not be afraid, for You are close beside me."  
(Isaiah 43:2; Psalm 23:4 – NLT)*

**Soli Deo Gloria, Nick**

NOTE: A great resource for you or someone you know who struggles with depression is *"Depression—A Stubborn Darkness"* by Dr. Edward T. Welch.

