

Although we are careful to hide it, in our heart of hearts, we are almost all depressed and discouraged. We are born into a world that is a trail of tears, must toil to support ourselves, and have nothing to look forward to but sickness and inevitably, death. Such is man's plight. Even worse, we have the constant witness of our consciences against us for the many wicked deeds we have done that we would like to forget but cannot. Knowing these things, philosopher Henry David Thoreau rightly observed that, "The mass of men lead lives of quiet desperation." There is, however, good news. The root source of all of life's problems is man's sin -- a problem we all have.

For all have sinned, and come short of the glory of God; (Romans 3:23)

Sin has separated us from God, and thus

we are enemies of God and destined for the eternal punishment of Hell. It is our secret awareness (although we may deny it) of these truths, that produces a guilty conscience and depression. The solution to these problems is the gospel of Christ:

Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures: (1Cor 15:3-4)

The blood that Christ shed for your sins will save you, if you put your trust in it. It is not your works that save you, but what He has already done for you.

Not by works of righteousness which we have done, but according to his mercy he saved us, (Titus 3:5)

As a sinner, you are an enemy of God, but through the cross of Christ you can be reconciled.

And you, that were sometime alienated  
and enemies in your mind by wicked  
works, yet now hath he reconciled  
In the body of his flesh through death, to  
present you holy and unblameable and  
unreproveable in his sight: (Col 1:21-22)

The cure for depression and discouragement  
is to trust Christ for the forgiveness of sins.  
Christ's shed blood will wash away all of your  
iniquity and remove the sting of a guilty  
conscience.

# DEPRESSED?

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