

SPIRITUAL TASK – TURNING MOURNING INTO DANCING

O Lord my God, I cried out to You, and You have healed me.

O Lord, You have brought my soul up from the grave;

You have kept me alive, that I should not go down to the pit.

Weeping may endure for a night, but joy comes in the morning.

You have turned for me my mourning into dancing....

O Lord my God, I will give thanks to You forever.

(Psalm 30, selections)

Depression is a very real and overwhelming feeling. Psalm 30 describes it quite well. We can feel as if we are going down into a dark pit, even that we are entering an emotional and mental grave. At these times it is hard to believe that we will ever feel joy again, or that day will ever seem to dawn for us. But we know that even in this darkness, the Lord is with us, loving and guiding us. We may not feel His presence at the time, but perhaps we can look back later and see His hands holding and healing us.

Task Think of one time in your life when the Lord did indeed turn your mourning into dancing, when you could feel happiness again, even though at one time this had seemed impossible, when day seemed to slowly dawn out of the dark night and weeping became joy. Let this memory give you hope for the dark places in your life right now. Thank the Lord for His healing power and ask for His help. And don't be afraid to seek aid and advice from other people as well, be they friends, ministers, or counselors.