

Kathy's Testimony

For years I have battled the sadness, loneliness and the fear of not having control over life that is depression. When problems would come that I could not control I would panic and sink deeper into depression. I would wonder, "How could a Christian be like this?" It has been through God's word, His strength and presence. I have learned I can overcome depression by yielding all of me to God. Give Him total control of my thoughts, my actions and repenting when I fail to do so. I'm learning to trust in God's sovereignty in all my life and I am learning that I choose how I respond to situations and I choose how I see life. There is true joy and peace in my life since I began this road. I'm not perfect by a long shot. But God is there for me when I fail. God is good.