



Depression: The Sun Always Rises (Gospel for Real Life)

Margaret Ashmore

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The periods of depression that we all share can range from having a bad day to grieving the loss of a loved one. Our fallen world harbors a broad spectrum of suffering that, while never the same for each individual, has always been part of the human condition.

Yet Margaret Ashmore reminds us that however difficult our circumstances, they cannot determine whether our lives are ruled by joy or by depression... the choices we make in light of those circumstances do. She lays before us a set of godly choices we can make in our own dark night of the soul to seek God's freedom from our dominating depression.

The Gospel for Real Life booklet series by the Association of Biblical Counselors (ABC) applies the timeless hope of Christ to the unique struggles of modern believers.

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