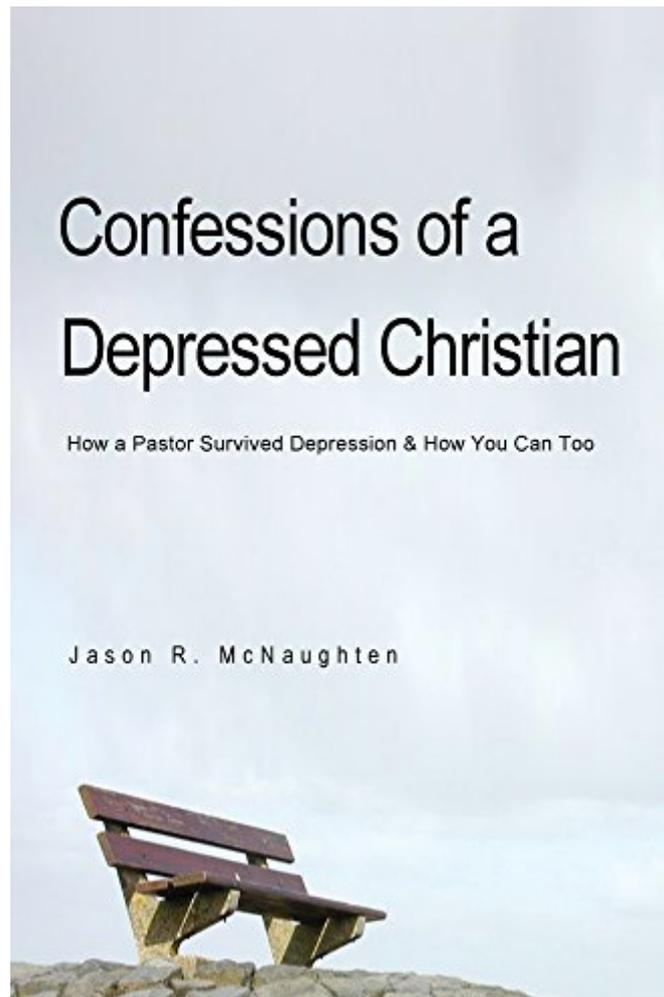


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# Confessions Of A Depressed Christian: How A Pastor Survived Depression & How You Can Too



## Synopsis

Is it possible for a Christian to be depressed? What does the Bible say about depression? In *Confessions of a Depressed Christian*, Jason gives an honest account of his own struggle of depression. His story provides biblical and practical information to help others struggling with depression. This book is also beneficial for family members of the depressed, as well as church leaders who minister to the depressed.

## Book Information

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## Customer Reviews

I shed many tears as I read this book. I find myself a discouraged depressed Christian. I have a husband who has battled major depression over three fourths of our marriage of thirty years. The author has given some very good coping skills for both the depressed person and their family. I will certainly put these to use. Thank you for sharing your story. I have renewed hope that we can weather this storm.

A friend shared her copy of this book with me Sunday at church to see what I thought about it since

I'm an avid reader and a counselor. I found myself wanting to write so many things down that I finally just bought my own copy a few minutes ago. This book is filled with practical and Biblical suggestions that are sure to be of help and comfort to many. Great book Jason. Thank you for writing it.

I consider Jason a close friend and a dear brother in Christ! We attended the same seminary and became good buddies. After graduation we pastored churches about an hour apart. We both dealt with reoccurring clinical depression. It is very real and even more painful. Jason ministered to me through those dark days that turned into dark months and into dark years. Jason writes from personal testimony about the "black dog" of depression. It is costly. We both wear the scars of our battles against it and by God's grace and for His glory have become stronger Christians, husbands, fathers, and leaders on our churches and communities. I highly recommend Jason's work for your personal battle with depression and encourage pastors and lay leaders to read it and make it available to their people, especially those who are struggling with depression and anxiety. It is a balm of the Lord for the weary and depressed soul. May the Lord multiply its reach and ministry unto millions for the sake of His name!

This book is most valuable for what it doesn't do. It isn't "rah, rah", "just get yourself happy" etc. The Psalms are full of praises but they also contain chapters on sadness, grief, bitterness. Somehow contemporary evangelical Christianity seems to ignore all that, and just assume you can just "pump yourself up" to cheeriness. I like how this book doesn't sugarcoat, or make one in Depression feel "less holier, less Spirit-filled" etc. Jeremiah was called a "weeping prophet" not because he wasn't "in the Spirit" but because he was! Wish more people would come out and say their experiences like JRM. Would actually be more encouraging than just another "pick me up" message, while waiting on Lord for deliverance. Thanks JRM.

An easy to read and understand book leads you on a journey of self-discovery and understanding. This book is packed full of useful and down-to-earth ways people can conquer depression and help themselves. Depression has a stigma attached to it in society and is often misunderstood. Many people expect loved ones to "snap out of" their depression. This book is highly recommended for those suffering from depression or have a depressed loved one. There is something for almost anybody whether suffering from depression or not. Resources such as exercise, diet, medicine and scriptures are highlighted to help heal from depression. This book is not only a good easy to read

once and understand, but people can open it up time and time again for reference. Always consult with a physician when having depressive symptoms. Continue to educate yourself about depression.

This book touches me on multiple levels. I am a Christian, a psychiatric nurse for over 30 years and have also been blessed to know and love the author and his family. As a Christian, Dr. McNaughten speaks about and to the heart of the hurting Christian. As a mental health nurse, the book explores causes, treatments and hope for those experiencing depression, their families and the psychiatric community that seeks to assist them through this darkness. As a friend of this family, I am thankful that Dr. McNaughten was obedient to the Holy Spirit in sharing his journey in an effort to minister to others. It is a must read for those in ministry, those struggling with depression, their families and loved ones, those in the mental health field and those who just desire a better understanding of this problem. Thank you Dr. McNaughten. We can't wait for the next book.

This book was a GREAT help in dealing with depression. I am his oldest sister and I too have gone through depression. I'm very PROUD of my brother on his book and how our LORD has helped him through those dark days. If you are looking for a book to help you overcome those dark days, this is a good read to help. I love you Jason!

Having walked through valleys of depression myself as a Christian, I found this open and honest book a great comfort. The insights he has shared were also a reminder of the journey with God I have traveled. His open Question of what are the blessings that came in the struggles of your life helped me to see how great God has been in my life.

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