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Light in the Darkness: Finding Hope in the Shadow of Depression

Gary H. Lovejoy, Ph.D. and Gregory M. Knopf, M.D.

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Many Christians struggle with the dark shadows depression can cast over our lives. Too often, our depression is compounded by a sense of personal shame or guilt. Light in the Darkness shows us how, rather than a sickness or a sin, depression is actually a signal, warning us of emotional damage that needs repair. Here, readers will find a blueprint for restoring emotional health and rekindling the hope of faith that is both biblically and psychologically sound.

Light in the Darkness Group Resource Kit coming February 2015!

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