



If I'm a Christian, Why Am I Depressed?

Robert B. Somerville

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If I'm a Christian, Why Am I Depressed? Robert B. Somerville

"Some people say that Christians should never be depressed. I take issue with that, being a quadriplegic who has battled cancer and struggles daily with pain. I love my Savior, am passionate about His Gospel, and enjoy the ministry He has given me. But that does not exclude me from occasionally stumbling into the miry pit of dark emotions. I enthusiastically endorse this book and recommend it to pastors, families, leaders, and Christian counselors!" - Joni Eareckson Tada, director of Joni and Friends International Disability Center, author, and speaker In this achingly honest work, Dr. Somerville explains that depression is not restricted to the secular world. Throughout history, godly men and woman-among them Martin Luther and Charles Spurgeon-have suffered in the deep trenches of dark emotion. But God's Word promises victory at the seemingly unreachable end of trials, and new strength forged from adversity and pain in the new light that follows the darkness of despair. You are not alone. In *If I'm a Christian, Why am I Depressed?* you will find not only the author's testimony but also those of others who have struggled with depression and through prayer and biblical counseling have overcome by embracing Christ's healing love. Robert B. Somerville is a professor of Biblical Counseling at The Master's College in Santa Clarita, California. He is a fellow with the Association of Certified Biblical Counselors and has devoted his life to teaching and counseling from the scriptures. A well-loved pastor/teacher for thirty-five years, in this current season, "Dr. Bob" is a favorite prof to his students, who appreciate his sincere love for the Lord and the depth of experience he brings to the classroom, as well as his transparency. He and his wife, Mary, have two children and seven grandchildren and currently live in Valencia, California.

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