



The Pit of Depression

Illustrating a truth of [The Power of Believing](#) (Main Healing Lesson 13) and [Negative Emotions](#)

There is a difference between oppression and depression. Both conditions represent a life under attack, a heart and mind besieged by the enemy. Their crushing weight demonstrates the power of negative emotions to rob life of brightness, peace and joy. Truly the spirit within us groans! Yet, there is a crucial difference in the way they are experienced. For the person letting go of hope, each new assault slides them deeper towards the pit of depression. How different the experience of those who refuse to let go of hope! They can experience the same load of problems and emotional assault and never sink into depression, because they are learning how to persevere in faith. Despite the weight of troubles upon them, they are learning to be overcomers (1 John 5:4-5) and are actually *climbing out the other side of the pit!*



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