



Hello Everyone!

I hope you and your students are feeling refreshed from the Easter Holiday and break! Today I want to share a quick article from Relevant Magazine. This article is adapted from Diana Gruver's book, *Companions in the Darkness*. She talks about her personal struggle with depression and how she has been encouraged by the heroes of church history who also walked through seasons of depression. Gruver said in reference to the stories of these heroes such as Martin Luther and Charles Spurgeon, "They need to be told so that we are reminded that God can still use us, that depression will not be our life's epitaph. They are, for me, models of what it looks like to follow Jesus through depression."

<https://www.relevantmagazine.com/life5/depression-doesnt-have-to-define-you/>

I pray that you find this quick read to be helpful and encouraging!

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