

OVERCOMING DEPRESSION WITH GOD AND THERAPY



When I was invited to the recent revival hosted by Minister John Marshall, I didn't realize how much it would reignite my faith. That revival reminded me God still restores broken hearts and renews weary minds. It stirred a deep gratitude for how far God has brought me and made me reflect on my journey: overcoming depression through God and therapy.

There was a time I didn't recognize myself. I woke up each day feeling heavy, like a weight sat on my chest I couldn't shake. Smiling felt like work. Surrounded by people who loved me, I still felt alone. Depression isn't always loud—it hides behind your smile, shows up in silence, and convinces you you'll never be okay again.

But God.

Looking back, I see God never left me, even when I couldn't feel Him. He was there when I cried without words, when I only whispered His name, and when I finally said, "Lord, I can't do this on my own." That surrender began my healing.

I thought healing had to be instant, that God would lift the sadness and I'd wake up new. But God showed me it's a process. Sometimes He heals through prayer; sometimes through people—therapists, friends, pastors—who walk with us toward wholeness. Therapy didn't replace my faith; it deepened it, giving me tools to face what I was avoiding and reminding me that faith without works is dead. I had to show up for myself, as I did for others.

In some sessions, I cried so hard I couldn't speak. My therapist reminded me tears are release. I realized talking to God and a therapist were both part of my healing. God gave my therapist wisdom to help me name my pain and rebuild. Therapy taught me to challenge the lies depression

whispered: *that I wasn't enough, my story was over, I had nothing left to give.*

And through faith, I learned to speak truth back to those lies. The truth that I am fearfully and wonderfully made. The truth that God has plans to give me hope and a future. The truth that even in my lowest valley, He was still God.

Depression didn't disappear overnight. Some days were still hard. But slowly, light crept back in. I began to laugh, to dream, and to feel again. God wasn't just restoring me—He was transforming me. I saw my struggle not as punishment, but preparation. Now, I can reach others who feel like they're drowning in the dark.

If I can be honest, I used to be ashamed to say I went to therapy. I thought it meant I lacked faith or strength. But now I understand that healing requires courage, and courage is faith in motion. Sometimes faith looks like praying; other times, it looks like sitting on a couch in a therapist's office, doing the hard work to get free. God can work through both.

Today, I walk with peace that doesn't come from everything being perfect, but from knowing that I'm no longer who I used to be. I've learned that there's no shame in needing help. There's no weakness in saying, "I need someone to walk with me through this." Depression tried to silence me, but God used that silence to teach me how to listen—to Him, to my heart, and to the still small voice that said, "You will make it."

If you're reading this and you're in that dark place, please know that God hasn't forgotten you. Hope is not lost. Sometimes healing comes little by little, like sunlight slowly filling a room. Keep going. Keep praying. Keep showing up for yourself. Get the help you need and trust that God will meet you in every step.

Healing is not about pretending everything's fine—it's about letting God into the places that aren't. When you do, He'll turn your pain into purpose and your tears into testimony.

I am living proof.

And as I left that revival, I realized something: God didn't just heal me—He equipped me. My story is now a reminder to others that faith and therapy can coexist, and together, they can transform your life from one of mere survival to truly living again.



Missy Brown, is an inspiring author, speaker, and founder of Create, Execute, and Inspire, a movement helping women turn pain into purpose. Through workshops, prayer gatherings, and community outreach, she guides others toward healing, confidence, and bold, faith-driven living with a voice rooted in grace and power.

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