

## **Christians and Depression**

Depression has been called an "elephant in the room" in the Christian church. The black sheep of all medical conditions. The one thing no one wants to acknowledge. Yet, it seems to be the one thing everyone is dealing with, either personally or through friends or family members. Everyone knows someone who is currently or has previously battled this disorder. And that's not just an assumption; it's a statistical fact.

In the United States alone, 18.8 million people (close to 10 percent of the adult population) are affected by a depressive disorder in a given year. That's almost one out of 10 people.

Yes, you do know someone who battles depression, whether you realize it or not. And if you're a Christian, odds are that you don't. Odds are they're scared to tell you.



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