Is It Unspiritual to Be Depressed?

Loved by God in the Midst of Pain

Paul Ritchie

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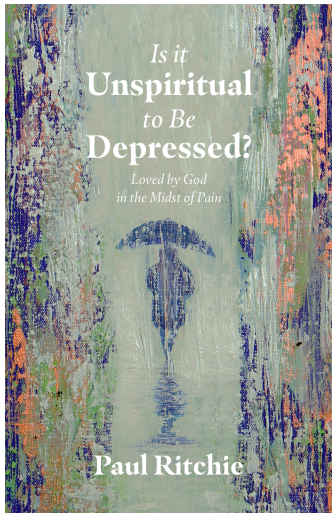

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DESCRIPTION

Writing from his own experience as a pastor who has struggled with depression, anxiety and O.C.D., Paul Ritchie addresses some of the big questions that Christians with mental illnesses and those around them might ask. Although he deals frankly with the reality of mental illness in a fallen world, he shows how the gospel is good news for those suffering. He applies the truth of the gospel, assuring readers that they can take God at his word, even when their brain tells them to doubt. His final chapter also gives helpful advice for those who want to help friends or family who are depressed.

MARKETING POINTS

Pastor writing from experience with mental illness

Answers tough questions on suicide, guilt, sin

Focuses on reality of gospel

AUTHOR

Paul Ritchie is the husband of Caroline and father of Anya, Ronan & Sian. He serves as pastor to Limerick Baptist Church. His ministry has been deepened by his own experience of O.C.D. and struggles with anxiety. He is a devoted Munster Rugby fan and loves a game of pitch & putt.

TECHNICAL DETAILS

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ENDORSEMENTS

Paul Ritchie writes with a pastor's heart for Christians struggling with depression and anxiety – and for friends and relatives who walk alongside them. The pages are full of stories and a practical wisdom, rooted in the Bible, that speak into the emotional turmoil and troubling questions that many believers wrestle with (too often on their own).

Patrick Mitchel
Senior Lecturer in Theology, Irish Bible Institute and author of 'The Message of Love'

... deals with many of the misconceptions and misunderstandings that exist around these issues. The prayers at the end of each chapter that are based on the Psalms are so helpful. The overriding message of this book is that you can know God, the true God, as he has revealed himself in the Scriptures in whatever you are facing in life, and know his love and care.

Joan Singleton
Lecturer in Pastoral Care, Irish Bible Institute, Dublin, Ireland

Honest, human and heart–felt, every page is borne of Paul's own walk through the darkness. This is not a handbook of plastic solutions, but a companion to walking through the mess more closely with Jesus and in light of his grace. Immensely helpful and moving; essential reading for every believer.

Mark Ellis
Pastor of Grace Church, Dundee, Scotland

There are books addressing depression from a clinical, personal or spiritual perspective. What sets this one apart is the fact that it addresses the issue from all three perspectives. You will be challenged by Paul's honesty, his empathy for others and his ceaseless focus on the Gospel. In fact, you will never think about the issue the same way again.

David Blevin
Sky News