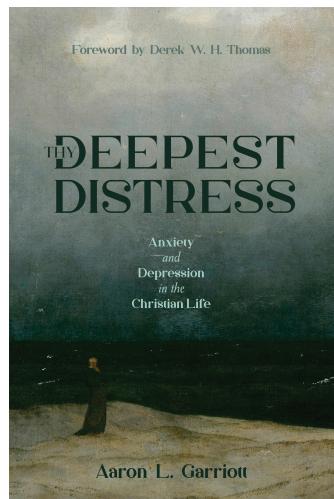


# Thy Deepest Distress

## Anxiety and Depression in the Christian Life

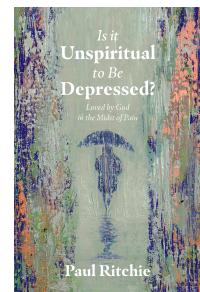
Aaron L. Garriott

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### DESCRIPTION

#### Hope in the Shadows: A Christian Guide to Anxiety and Depression

*Thy Deepest Distress: Anxiety and Depression in the Christian Life* is a compassionate, biblically grounded resource for Christians facing mental anguish. Drawing on personal experience, Scripture, and the stories of faithful believers like Bunyan, Luther, and Spurgeon, Garriott shows that anxiety and depression are not signs of weak faith but part of the human condition.

#### Key features:

- Explores historical Christian figures who battled anxiety and depression
- Provides biblical answers and spiritual encouragement
- Offers practical tools and daily practices
- Includes prayers and exercises for support
- Emphasizes God's sovereignty, Christ's compassion, and the hope of ultimate healing

### AUTHOR

Rev. Aaron L. Garriott is managing editor of Tabletalk magazine, resident adjunct professor at Reformation Bible College in Sanford, Florida, and associate pastor of Spruce Creek Presbyterian Church in Port Orange, Florida. He is also author of 'A Word Fitly Spoken'.

### ENDORSEMENTS

In this insightful, encouraging, and pastorally sensitive book, Aaron Garriott shows the way to light and life, to hope and faith, and yes, even to gladness and joy.

#### George Grant

Senior Pastor, Parish Presbyterian Church, Franklin, Tennessee

[Garriott] doesn't take a simplistic approach. He writes as one who has also walked through the valley and brings that personal knowledge to the table.

#### Keith Mathison

Professor of Systematic Theology, Reformation Bible College, Sanford, Florida

... a helpful biblical, pastoral, and theological approach to thinking through anxiety and depression.

#### Nate Pickowicz

Pastor, Harvest Bible Church, Gilmanton Iron Works, New Hampshire

By exploring the Scriptures and leaning upon historical insights—especially from the Puritans—Garriott guides the struggling saint through the troubled waters of the dark night of the soul.

#### Brian H. Cosby

Pastor, Wayside Presbyterian Church, Signal Mountain, Tennessee

### TECHNICAL DETAILS

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