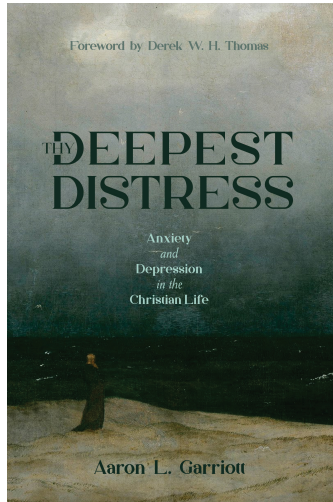


# Thy Deepest Distress

Anxiety and Depression in the Christian Life

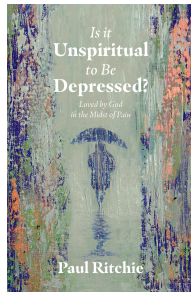
Aaron L. Garriott

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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

Is the trial of anxiety and depression a random and purposeless burden to be despised, or a carefully crafted opportunity to know and glorify the God whose fatherly hand ordained it? With personal and pastoral warmth, Aaron Garriott shows it to be the latter.

### Tessa Thompson

*Author, 'Laughing at the Days to Come: Facing Present Trials and Future Uncertainties with Gospel Hope'*

... points us to the light that is uniquely able to penetrate the darkness and restore to us the 'peace of God that passes all understanding.'

### Mark Johnston

*Minister, Groomsport Evangelical Presbyterian Church, Bangor, Northern Ireland*

This judicious and soul-nourishing book does not give readers what they expect, but what they need, sounding clear notes about difficult personal topics that have too long been muted. Every Christian should read and profit from this book because, while we do not always have the same trials, we have the same God and the same comfort.

### Ryan M. McGraw

*Morton H. Smith Professor of Systematic Theology, Greenville Presbyterian Theological Seminary, Greenville, South Carolina*

... a readable, skillful, sympathetic, and thoughtful guide to help us see the way through anxiety and depression. I do not know of another resource like it.

### Gabriel N. E. Fluhrer

## TECHNICAL DETAILS

TRADE PAPERBACK  
160 Pages

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