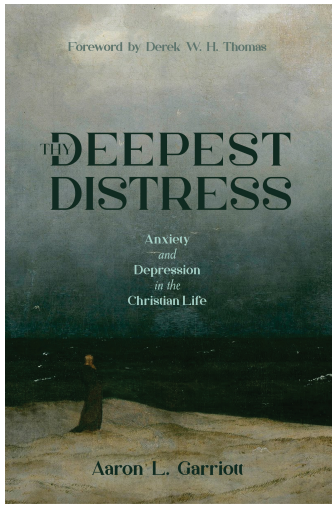
Thy Deepest Distress

Anxiety and Depression in the Christian Life

Aaron L. Garriott

RELEASE DATE 19 MAY 2026



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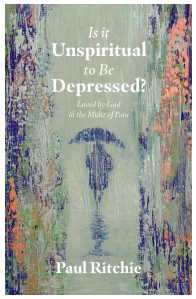

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DESCRIPTION

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

But Aaron Garriott shows us the struggles of so many real people, himself included, and he draws us in. Soon we believe that God's words are actually for us, and those words are good and comforting, from start to finish. Hope, rest, and clear small steps. They are all here.

Edward T. Welch
Counselor & Faculty at Christian Counseling and Educational Foundation

I love [Garriott's] clarity and depth. If you are a physician of souls, this is a book you will find truly enlightening.

Conrad Mbewe
Pastor, Kabwata Baptist Church, Kabwata, Zambia; Founding Chancellor, African Christian University, Lusaka, Zambia

Here the tried and tested counsel of biblical teaching on God and his providence, and Christ and his presence is coupled with the multi-valent medicine of the gospel and the insights of common grace into the disorders that afflict our human nature.

Sinclair B. Ferguson
Chancellor's Professor of Systematic Theology, Reformed Theological Seminary, Jackson, Mississippi

Reformed in perspective, pastoral in tone, and practical in application, this book is well worth your time—whether you are struggling with anxiety and/or depression yourself or want to help someone who is.

Joel R. Beeke
Chancellor, Puritan Reformed Theological Seminary, Grand Rapids, Michigan

TECHNICAL DETAILS

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