

## Daily Devotion For January 24, 2021

*"In my anguish I cried to the Lord, and he answered by setting me free."  
Psalm 118:5*

Yesterday I was talking with a friend who was feeling depressed over the state of our current world affairs. The global pandemic, issues at work, financial struggles, the sense of helplessness to help others who are in need, etc.

Mental health authorities say that at any given time 17% of the general populace is struggling with some kind of depression. With Covid-19 I'm sure that that statistic is much higher.

In the midst of depression, there is one thing that you can be sure of. God answers prayers for help in many different ways. Sometimes He gives us an immediate answer, lifting the cloud of depression. Sometimes He sends someone who listens, who serves as a sounding board who helps you see precisely what you need to do to work through the gloom; and sometimes He sends someone, who helps you in ways in which you can't help yourself.

**Thought For Today:** God is not the author of depression, though some of our depression comes by ignoring the directives He gives, refusing to live as He intends us to live. God is the one who can bring health, wholeness, and healing to our broken hearts and lives. He is the healer of broken hearts and a refuge for the troubled and hurting.

**Today's Prayer Focus:** Pray that God will make you and instrument of His peace and a channel of His Love. Pray this week's prayer fuel. Deo Volente.