A silhouette of a person standing on a beach with their arms raised in a gesture of praise or joy. The background is a sunset over the ocean, with the sun low on the horizon and its light reflecting on the water. The overall mood is one of hope and spiritual uplift.

7 Ways Depression Hinders Your Intimacy With God and 5 Proven Strategies For Restoration



When you're depressed,
it's hard to connect with
God

How does depression
hinder that connection?



**1. A spirit of dread
poisons your thoughts**

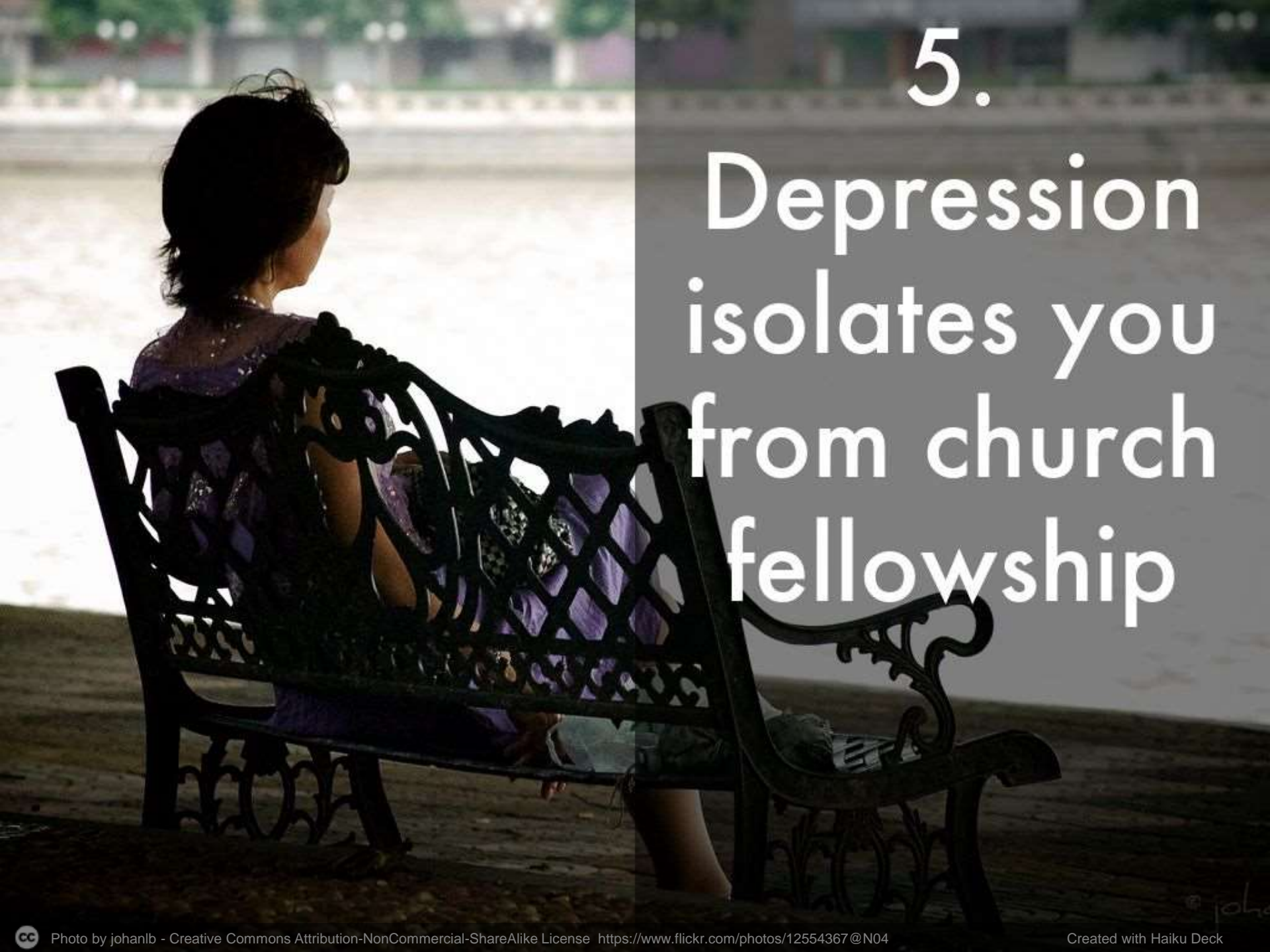


**2. Depression causes you
to feel unworthy of a close
relationship with God**



3. Sadness and
Gloominess are the focus
of your prayers

4. Depression hinders your ability to worship



5.

Depression
isolates you
from church
fellowship

© johanlb





6. Depression keeps you
from reading the Word
with understanding



7. Depression feeds on the word curses you speak

5 Steps to Restore Your Intimacy with God



1. Capture those early morning thoughts and pray exactly the opposite

A person with their back to the camera, looking out at a sunset over a body of water. The person has short, light-colored hair and is wearing a blue shirt. The sky is filled with soft, golden light from the setting sun, reflecting on the water. The scene is framed by the dark, silhouetted edges of trees or a thatched roof at the top corners.

2. Invest in a daily devotional that focuses on God's Presence



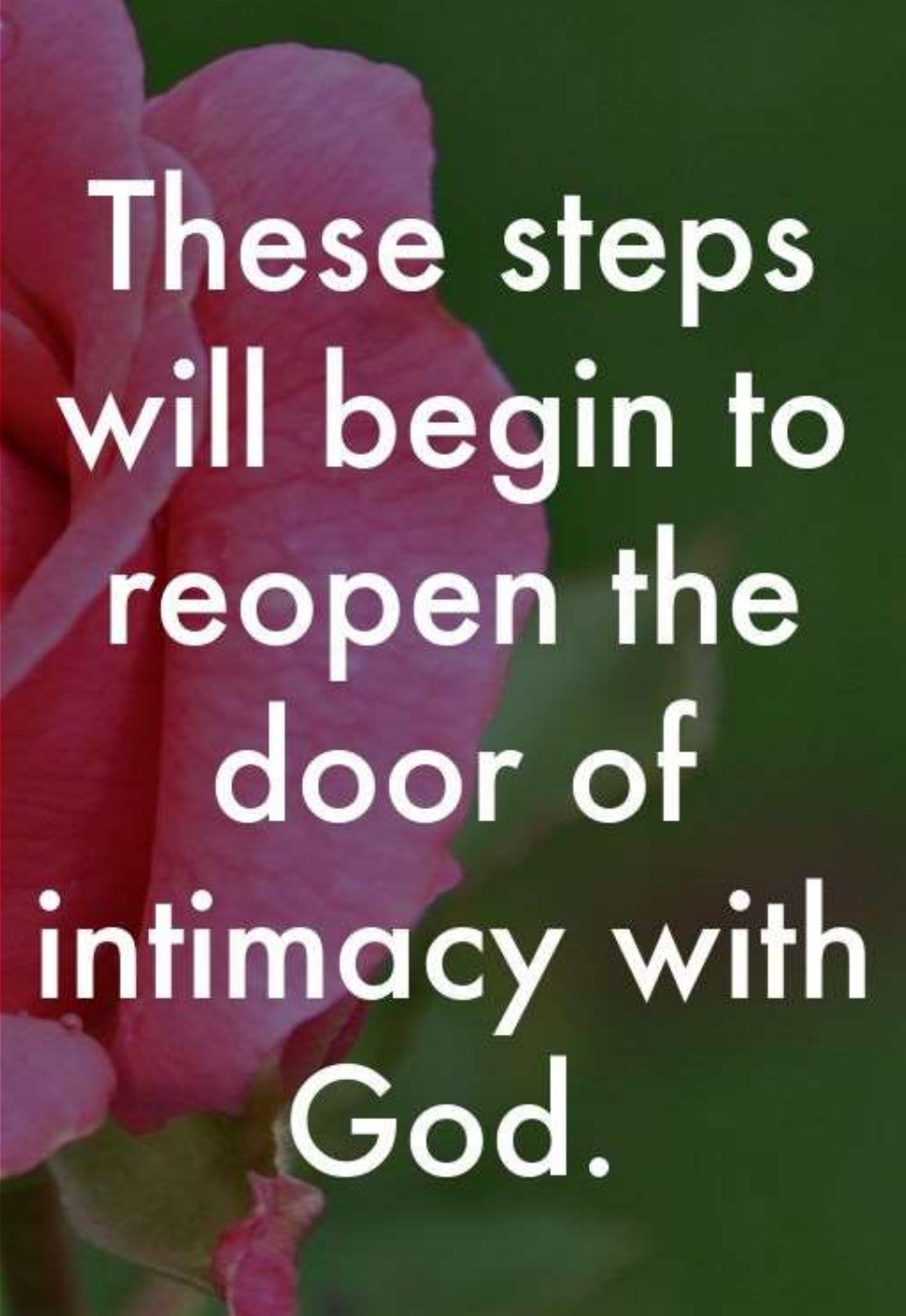
**3. Take one
small step at
time**

4. Go to bed each night reading a Psalm



A black and white photograph of a musician playing a bright orange electric guitar on stage. The musician is wearing a striped shirt and a dark vest. In the background, other band members and stage equipment like a keyboard on a stand and a microphone are visible. The text "5. Make a plan to reconnect with your church or small group" is overlaid in large white font.

5. Make a plan to reconnect with your church or small group



These steps
will begin to
reopen the
door of
intimacy with
God.

He hasn't left
you or
abandoned
you.



God is waiting for you to return!

Mike Motsok Photography



HELP

Need more
help?

Meet with your pastor
If that's not an option...



Seek competent Christian Counseling



A silhouette of a person standing on a beach with their arms raised in a 'V' shape, celebrating. The background is a sunset over the ocean, with the sun low on the horizon and its light reflecting on the water. The sky is a mix of orange and yellow, and the water is dark blue with golden highlights from the sun.

Check out our client
success stories

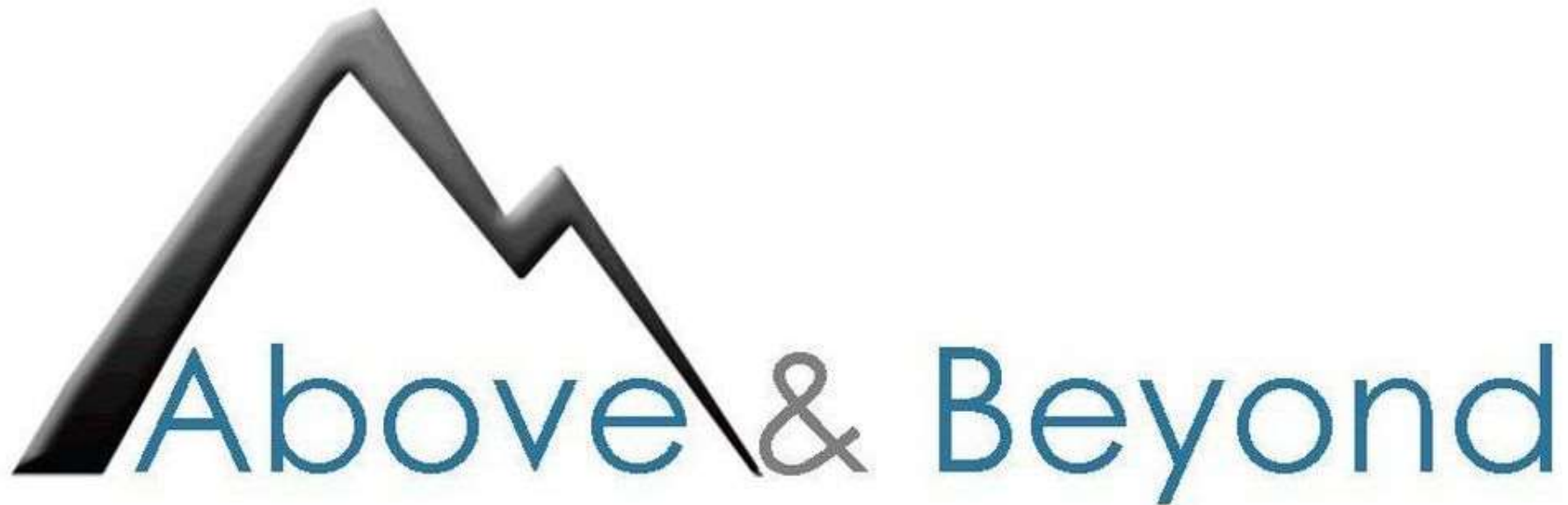


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