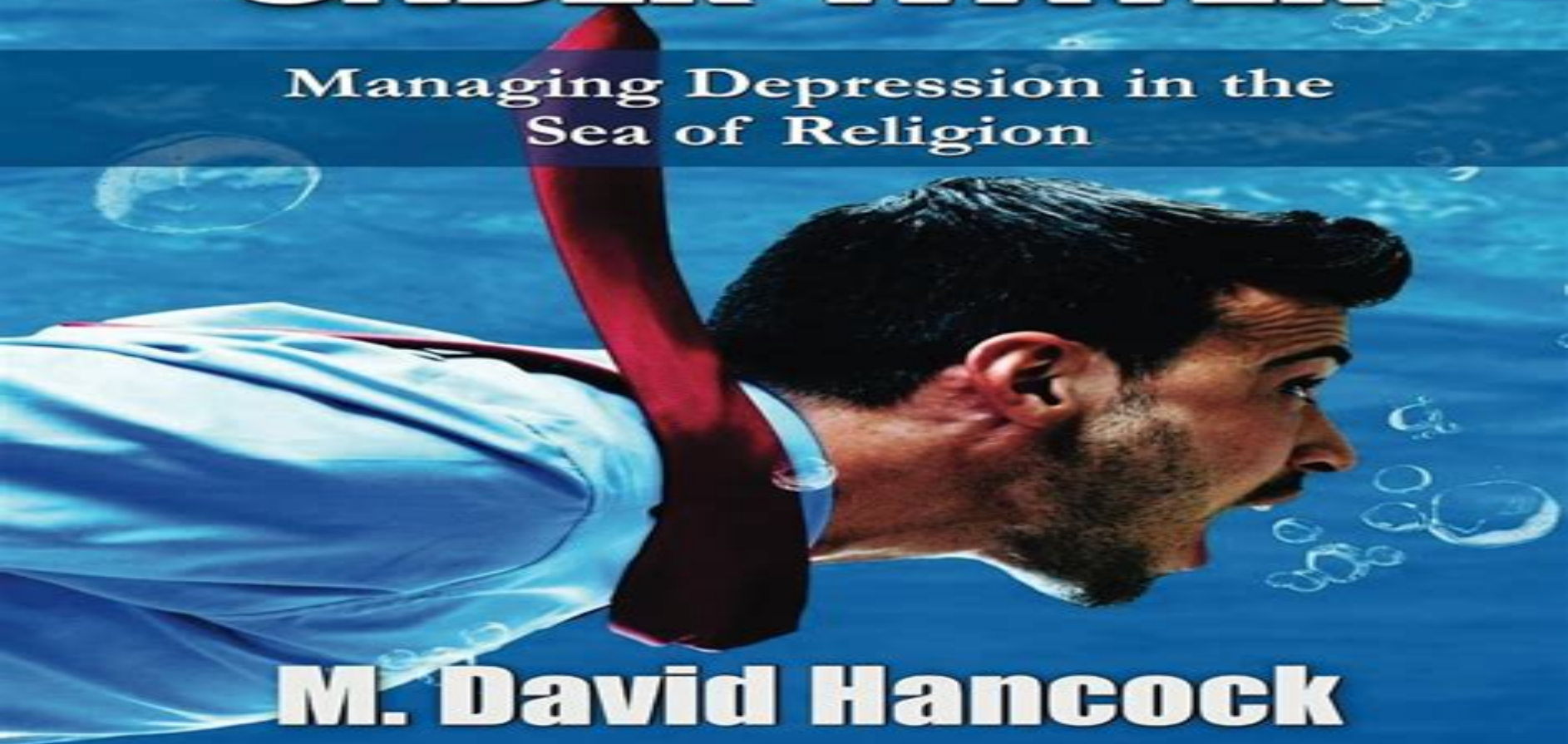


# Learning *to Breathe* **UNDER WATER**

Managing Depression in the  
Sea of Religion



**M. David Hancock**

# Learning To Breathe Under Water Managing Depression In The Sea Of Religion

**N Noddings**



## **Learning To Breathe Under Water Managing Depression In The Sea Of Religion:**

Learning to Breathe Under Water M. David Hancock, 2015-12-10 The World Health Organization identifies that over 350 million people worldwide suffer from depression. Many have a deep love for God but feel like spiritual lepers in a solarium of shame. They fear daily of being exposed. But so many depressives have had their hopes of healing dashed against the rock of religion that they feel like they are drowning with no lifelines available. So where do they turn when they feel like God has abandoned them? Where do they turn when others believe they are secretly dancing with the devil? Why have so many faith communities misunderstood the pain of mental illness? How do they cope when others believe they are just making all this up? The answer may surprise you as David helps us rediscover a lost theology that God uses our greatest weaknesses to help us find our greatest strengths. Our weakness if we allow it can propel us towards a ruthless trust in God. Only when a person is at their weakest point can God do the most amazing transformation within. The secret is out: God uses depression and all spectrums of mental illness to draw us to Him. Seeing and naming our brokenness is not so much a gift to us although it is as it is to those around us. As the Franciscans wisely say, "We must try to make it easier for others to love us." People who are more transparent and admit to their own brokenness are actually quite easy to love and be with. Learning To Breathe Under Water will be a healing salve that destigmatizes the burden of pain that you, your spouse, a loved one, or a close friend so desperately needs. As you take the first step toward powerlessness, you will begin to understand that your weakness may lead you to the greatest faith of all.

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