

## Jesus Christ Conqueror of Depression.

The Lord Jesus Christ eradicates depression through His victory over death. Jesus Christ gives believers reason to live and have hope in the life's most extreme circumstances.

Jesus took on human flesh validating the importance of humanity. Jesus triumphed over death demonstrating that He is Life in all instances. Jesus offers new life to every person placing faith and trust in Him.

Jesus Christ offers joy to those who are depressed and mourning over their personal circumstances. Jesus' triumph over death verifies that life's hurdles are manageable and can be overcome through Christ.

When darkness begins to overcome daily life, the Light of Christ shines bright for those with eyes to see. Jesus' Light eradicates the darkness in life. Jesus Christ brightens each life embracing Him in heart, mind and soul.

Circumstances arise in life that seem overwhelming, Distressing circumstances may arise suddenly and unexpectedly. An on-going problem, personal or family illness can distress and wear a person down.

Depression may set in due to a devastating diagnosis, accident or death. Jesus is ever-present to bring the necessary light to life's darkest moments. The joyous Paschal greeting "Christ is Risen!" is the antidote in the worst circumstances.

Jesus Christ personifies hope in all aspects of life. Hope empowers believers to move forward in life's most difficult and challenging times. Hope keeps believers going when they are tired and are ready to give up on life.

Hope translates depressed believers into action. Hope gives believers strength beyond their personal expectations and considered abilities. Hope turns weakness into power and anticipated loss into victory.

Believers need never yield to depression. Jesus Christ is always present to help believers firmly reject depressive thoughts. Jesus Christ is present to provide the pathway forward in life.

Choosing to follow Jesus Christ is completely voluntary. Individuals are never compelled by the Church to unite with Christ. Uniting with Jesus Christ occurs through fully exercising freedom of choice.

Many alternatives exist in life for individuals to consider. Choosing to follow Jesus Christ leads to peace, love and joy. The path is narrow and will be difficult at times. The Cross of Christ is present to help believers address personal crosses.

Jesus Christ the Conqueror of Depression helps believers rise from depths of despair to unimaginable heights. Embrace Jesus Christ. Remain united with the Lord Jesus.

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The Circumcision of our Lord Jesus Christ. St. Basil the Great. New Year.  
January 1/14, 2026. Father Rodney Torbic