



When Saints Sing the Blues: Understanding Depression through the Lives of Job, Naomi, Paul, and Others

Brenda Poinsett

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Many believers are hesitant about sharing their feelings of depression for fear of being considered "unspiritual." *When Saints Sing the Blues* examines depression from a biblical perspective by identifying eleven prominent individuals in the Bible who felt sad, hopeless, and overwhelmed. Each chapter focuses on

- what circumstances caused depression
- how the individual dealt with those circumstances
- what can be learned from the situation

Brenda Poinsett points to hope and healing by showing that growth from depression is possible. *When Saints Sing the Blues* offers answers to believers struggling with depression, as well as to pastors and counselors who want to provide biblically based assurance to those seeking help.

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