



Overcoming Spiritual Depression

Arie Elshout

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"*Overcoming Spiritual Depression* is packed with godly wisdom and heartfelt compassion for Christians who are battling the Elijah syndrome of discouragement. It is also a healing tonic for those who have loved ones suffering from this spiritual, emotional, and psychological malady. The dos and don'ts of how to respond to the suffering are expounded, in a most engaging way, from Elijah and the author's experience under the juniper tree (1 Kings 19). Concise yet thorough, practical yet spiritual, this book opens up the world of depression such that both the depressed and those closely associated with them will be gripped and liberated by the author's many enlightening insights. Every minister, office-bearer, and caring believer should read it to learn how to counsel and interact with those who are spiritually cast down and emotionally depleted." -- Joel R. Beeke

"Arie Elshout's *Overcoming Spiritual Depression* is a treasure of pastoral counsel. Reminiscent as it is of A. W. Pink's *Elijah* and Martyn Lloyd-Jones's *Spiritual Depression*, Elshout employs the life of Elijah to cover a variety of related themes. Always sensitive to the complexities of the human spirit, this book manages to be profoundly insightful, thoroughly biblical, and theologically astute all at once. For Christians caught in Bunyan's Castle of Giant Despair, this book is bound to provide a key that will aid in the process of recovery. Thoroughly recommended."-- Derek W. H. Thomas

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Daniel Martin:

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