



It was just over a year ago when I (Jen) was diagnosed with depression. I had mentally prepared for the diagnosis, yet tears still flooded my face as I drove home from the psychiatrist's office calling Graham with the news. "It's official, I have depression." I filled my prescription before heading home. Never have I walked through the grocery aisles seeing the world in slow motion. As the diagnosis sunk in, I said, "I have no time for depression!" The irony of this statement was the reason God needed to lead me into the wilderness. This was God's timing. I needed to come to a point of acceptance. From overcoming preconceived notions about medication to unraveling the stigma within my own mind of depression, God's grace prevailed. I could not see the path, but in faith, I trusted that God was leading me on the journey toward freedom.

2009

have a holy jolly
Christmas



Graham & Jen Watt

Serving Jesus with
Campus for Christ
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Power to Change.

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We read in scripture that God leads His people into the wilderness. Therefore, behold, I will allure her and bring her into the wilderness, and speak tenderly to her. And there I will give her vineyards and make the Valley of Achor a door of hope. And there she shall answer as in the days of her youth, as at the time when she came out of thee land of Egypt. (Hos 2:14,15). Just like the Israelites, I found grace in the desert place. His mercies are new every morning! The people who survived the sword found grace in the wilderness; when Israel sought for rest, the Lord appeared to him from far away. (Jer 31:2) In the process of confronting anxiety and yielding control to Christ, God has pruned open my hands to surrender and give all to Him, with one question to be answered... "Is God good?"

Yes I acknowledge He is sovereign, but is He GOOD? Does He want me to be happy? Or is He just into teaching lessons, as the Cosmic Kill-Joy? Graham and I look back, the peace of acceptance, the strength Graham was given to endure, the orchestration of events, the wisdom and insights of godly counsel, the joy and thankfulness that guards my life now (which I call a "new normal"). We stand and testify with new confidence. GOD IS GOOD! The only way here was through the wilderness, but it was not out of his concern. "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. (Mt 10:29) God's children are precious in His sight.

As you look back at the year, we pray that you may also testify that God is good. May you enter the new year with a new bounce to your step with the confidence in God's sovereign goodness.

Graham & Jen

