



# **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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