

LET THERE BE LIGHT

A Companion for Those Living with Depression and Anxiety



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Having personally dealt with depression, I wore a blanket of shame and secrecy for years. As an author, certified life coach, and Bible teacher, I couldn't reconcile the doctor's prescription for Prozac with my faith in God. My doctor's gentle guidance combined with my own intense studies on depression and anxiety are chronicled in *Let There Be Light*.

After earning my M.A. in Human Services Counseling with a Marriage and Family Specialization from Liberty University and Board Certification in Advanced Christian Life Coaching, I now serve as a staff counselor for HopeWell Equipping and Counseling Center in Virginia Beach, Virginia.

PREMISE

One in ten Americans currently takes an antidepressant—but for women between 35-64, this figure jumps to one in four. Women are nearly twice as likely to receive a diagnosis of depression or anxiety disorder than men are. Every day, I sit across from such women, sensing the darkness of depression lurking beneath the exterior of their lives. Not always visible on the surface, it comes bubbling up when time, a safe space, and a little quiet allows—often accompanied by tears and pain, and for women of faith, a very heavy blanket of shame and secrecy. In this six-week Bible study, *Let There Be Light*, women are given permission to unfurl that blanket of shame and secrecy and sit in a sacred space where the light of God's Word brings hope, help, and healing.

CHAPTER OUTLINE:

- ~ Introduction: Let There Be Light, Genesis 1:3
- ~ Chapter 1: When the Lights Go Out, Psalm 23:4 and Psalm 34:18
- ~ Chapter 2: The Power of True Light Therapy, Psalm 91
- ~ Chapter 3: Finding a Guiding Light, Psalm 27 and Ecclesiastes 4:9-12
- ~ Chapter 4: Enough Light for the Day, Ps. 119:105 and Luke 11:33-36
- ~ Chapter 5: Living as a Child of Light, Ephesians 5:8-17 and Psalm 18:28
- ~ Chapter 6: The Light that Shines Eternal, Revelation 22:5 and Isaiah 40