

MY JOURNEY THROUGH DEPRESSION

A Pastor's Story



Pastor David Robertson

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by
Pastor David Robertson



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Dedication

This book is dedicated to my wife, Linda, who never gave up on me even in the lowest moments for both of us. You are truly heaven sent! And I am indebted to my Lord and Savior, Jesus Christ, who performed a miracle of healing in me in one moment of time! Without Him, I would not be alive today. He gets all the glory, honor, and praise!

Foreword

This story is one of the most brutally honest and most transparent that has come along in recent years. A friend of mine, Jamie Buckingham, an award-winning magazine and newspaper columnist and who was one of the most widely-read Christian writers of his day, (he was also editor-in-chief of *Ministries Today* magazine, editor-at-large for *Charisma* magazine, and author of numerous books), taught us in his speaking and writing about the value of “telling it all.” This approach disarms the enemy. You leave nothing for the devil to use against you.

David and Linda Robertson have lived through the most difficult tests and trials of a marriage and have come through on the other side successfully. They may be battle worn and weary, but telling their story not only energizes them, but assures each of us that the truth will set you free! It also offers a degree of insurance that it won’t happen again.

When they came to me, God had already prepared them for deliverance. It seemed immediate, but God was already at work. David had made up his mind to come home to Linda and to the call that God had on his life.

I have no doubt the future holds more ministries for them than in previous years. All of these experiences have tempered them and enabled them to reach a depth spiritually that they previously had not known.

Anybody reading this book will be able to relate to many of the same things David and Linda went through and will be helped and encouraged by it.

God Bless,
Pastor Buddy Tipton
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Vero Beach, Florida

Acknowledgments

My deepest thanks to the following:

My best friend and beautiful wife, Linda Robertson, for your invaluable encouragement and suggestions, but even more, for your love.

My spiritual father, Pastor Buddy Tipton, for your kindness and wisdom have proven what God can do through a life yielded to His complete will.

My dear friends, John and Sandy Alford, for your constant prayers and support.

My close friend, Philip McPherson, for your constant checking up on me, week after week, until the battle was won!

Introduction

Depression is defined by Webster as “a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies.”

It is my hope and prayer that through my story, others who have experienced depression will get a sense of hope and comfort from our great and loving God. It is also my desire that those of you who are caregivers to one going through depression will not give up, but instead have hope that God can heal and restore.

In the fall of 2007, I began a journey that would last until February 8, 2009. I went into a state of severe clinical depression. I had three doctors working with me at this time, and all three diagnosed me with the exact same condition. I had no idea what had hit me! All I knew was that for most of that time—nearly a year and a half—I felt extreme pain, anxiety, and hopelessness—and it was a twenty-four/seven phenomenon. It was nonstop! No one understood it at first—not me, not my wife, not my family, and especially not my church family. They all thought I was playing some sort of game or was simply going through a mid-life crisis. How wrong they were!

Part 1:

MY STORY

(Pastor Dave's Story)

Chapter 1

My depression first started to show in the form of anxiety. This was in the late fall of 2007. There were times that right in the middle of an activity or even resting I would feel all jittery, anxious, and nervous. My heart would start to race, and I felt as if something had me by the throat. I would begin to pray, and the feeling would eventually subside. It then got increasingly hard for me to be around other people. I found myself isolating myself from others and just wanting to be alone. It wasn't that I disliked anyone or was angry at them; I just wanted to be left alone. This was totally out of character for me. Being a pastor, at that time for twelve years, I was very much a people person. Like my dad, I didn't know a stranger. I could talk to anyone of any age and relate; and I honestly loved it!

At Christmas time of that year the depression had really started to kick in. I remember sitting in my easy chair with all my family in the room. My three boys were there with my grandkids sitting at my feet and playing. It was a picture perfect moment until this anxiety attack hit me so hard that I got up from my easy chair, and without a word, went to my car and drove away. I drove for awhile before ending up in the parking lot of Wal-Mart and didn't return home until 3:00 the next morning.

As the anxiety attacks became more frequent and more severe, I began to be extremely discouraged and depressed. And I didn't know why! I had everything to live for—a beautiful and loving wife; a church family I loved very much; three great boys I was proud of; four beautiful grandchildren I adored; a successful teaching career of twenty-seven years at that time; and to top it all off, the opportunity to fulfill God's will for my life up until that time—to serve Him in leading many souls to Christ!

I began to experience pain I didn't know a person could ever go through. I began to ache inside and didn't know why. It was the same sort of pain I experienced on January 13,

2003, the day they called me out of a workshop at school and informed me that my mom had been killed instantly in an automobile accident, only this pain would not go away. It built and built until I was absolutely miserable. It was now occurring every day, all day. I began to isolate myself more and more. I would go for long drives for extended periods of time and turn the music up as loud as I could stand it in order to try and drown out the feelings I was having. I began sleeping in shopping center parking lots, particularly Wal-Mart and Walgreen's. I also began to withdraw from the people I loved the most.

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