

# Drench My Couch with Tears

by Carter Conlon

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*Pastor Carter Conlon shares a message of hope for those struggling with depression, emphasizing that even in times of deep sorrow and despair, God can bring healing and turn our pain into something beautiful that can bless others. He recounts his own experience of sickness and sorrow, where God used his songs written in distress to minister to many. Through it all, he encourages listeners to remember that Jesus is constant and his love endures, bringing comfort and hope.*

**Scripture:** Psalm 34:17, 2 Corinthians 1:3, Romans 8:28, Isaiah 41:10, Psalm 30:5, 1 Peter 5:7, John 14:27, Philippians 4:6

**Topics:** "Hope in Sorrow", "God's Healing Power"

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## Description

Pastor Carter Conlon shares a message of hope for those struggling with depression, emphasizing that even in times of deep sorrow and despair, God can bring healing and turn our pain into something beautiful that can bless others. He recounts his own experience of sickness and sorrow, where God used his songs written in distress to minister to many. Through it all, he encourages listeners to remember that Jesus is constant and his love endures, bringing comfort and hope.

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## Transcript

This is Pastor Carter Conlon. Welcome again to my kitchen today, where I get a chance to share with you some of the things that God's just putting on my heart. We've entitled the series, Why I'm Not Afraid, and I thank God for the opportunity to look into the Word of God and just to share the things I've learned with you over the years, hopefully to encourage your heart.

I want to speak to those today who are suffering from depression. It could be because you're just stranded in your home, or you haven't had any human contact, or you've lost your job, or you're afraid of the future. Perhaps your health is not that good.

Though it's Psalmist says in Psalm 6 and verse 6, I'm weary with my groaning. All night I make my bed swim. I drench my couch with my tears.

You see, your emotion that you're going through is not just unique to you. Many, many throughout history, myself included, have had times of sorrow, times of weeping, times of when it's been very, very difficult. I remember in the late 1990s, I was extremely sick because of toxic mold poisoning.

We didn't know what it was, and it came to the place in my life where I had to breathe in through an oxygen mask in the morning to get rid of the headaches, so I could even hope to do my own personal

devotions. And it was a time when sorrow just threatened to eat away at my heart. And so I decided one day to just start writing my feelings down on pieces of paper, and I began to write what I thought were poems, and they ended up being songs, which I turned into a CD called Quiet Times, which really, really went around the world.

I mean, it raised a phenomenal amount of money for missions and sold somewhere between 40 and 50,000 copies in its first introduction, its first season. And there were almost all songs that I wrote in this time of sorrow. You know, it's amazing.

God can take your time of sorrow and turn it into something that brings healing to other people. I've had so many emails over the years or letters from people who are pulled out, literally, of a pit of sorrow just by listening to the songs that God had once given me in my own time of distress. You know, so the point is, even in times of despair, God can take that and make something good out of it.

I'll just share with you a verse in one song of one of the songs God gave me on the worst morning, I think, of this whole endurance that lasted a few years in my life, and it's called If You've Lost Your Heaven's Song. If you've lost your heaven's song, it's so hard to carry on when tomorrow looks as sad as yesterday. Just remember Jesus came and he keeps singing just the same.

If you will listen when you go to him and pray. When Jesus came to live in you, he carried heaven's sweetest tune with words I love you and forever I will stay. When days are cold and darkness strong, things might seem lost but not for long.

His song within you cannot ever pass away. His song within you cannot ever pass away. God bless you.

Be comforted today. We'll see you again very, very soon.

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