

Wednesday, October 7, 2020

Dear Members, Friends, and Guests of Desert Hills Lutheran Church,

Last week I introduced a very short book by Dr. Henry Cloud and Dr. John Townsend on Discouragement and Depression. I'd like to continue to summarize some things from that excellent little book.

Principle Three: Place High Value on Wisdom.

A keyway out of depression is wisdom, finding the missing pieces that keep us down. When we have wisdom, we find hope. "Know also that wisdom is sweet to your soul; if you find it, there is a future hope for you, and your hope will not be cut off" (Proverbs 24:14). Wisdom comes from God, from the Word of God, the wisest book in the world. "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault..." (James 1:5). Wisdom also comes from others. Ask around to others for names of those who might be able to help.

Principle Four: Leave Your Baggage Behind.

We all carry around things from our past: mistakes, victimization, fears, pain, and deaths. Our emotional baggage is almost certainly feeding our depression. Dr. Cloud and Dr. Townsend offer five practical tips for helping us discard baggage.

1. Agree that we have a painful past. We must confess to ourselves and to God that we have issues.
2. Include others in our healing and grieving. Talking to those who support and love us can help with comfort and healing.
3. Receive forgiveness. Getting rid of baggage means we must be forgiven and set free from our guilt and shame. God will forgive when we repent.
4. Forgive Others. We sometimes carry hurts and disappointments and anger and pain towards others. When we forgive others, we release our own baggage of pain and resentment.
5. See yourself through new eyes. Instead of seeing ourselves through the eyes of people important to us, which may be positive or very negative, we see ourselves as God sees us. God loves us and values us highly.

Let it go.

Have a blessed week.

Pastor Martin