

Friday, October 9, 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. This past Wednesday I looked at Principals Three and Four. I'd like to continue to summarize some things from that excellent little book.

Principle Five: Own Your Faults and Weaknesses.

The buck stops with us. Enough of blaming, complaining, and excuses. "Our fifth principle for God's way to recovery is that you take responsibility for your life, own up to your faults, and accept blame where it is justified." P. 21

I think of my father who spent time in prison, and he said the greatest thing the counselor helped him accept was that he was the captain of his own ship. He was responsible. In my time at the end of his life, I'm not sure he completely grasped the lesson, but then perhaps none of us do. When we take ownership of our lives and invite God to move in, he does it.

Principle Six: Embrace Problems as Gifts.

Everything that happens to us can be used by God to help us become better. I'm not ready to welcome problems as gifts, but I trust that whatever happens God will be with me to work through it.

When we are faced with the pain of depression we first look upward toward God. Then we must look inward and allow God to journey with us, guiding and leading us out to the light. Pain is a part of life and life isn't fair. Along with this, Jesus' example is of suffering out of love. We don't tolerate depression but must trust that life is painful, and we are in a process and it will get better.

That is enough for this Friday. I'll finish the summary of the last two principals next week. Have a blessed day and weekend.

Pastor Martin