

Wednesday, October 14, 2020

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

Today I finished a very short book by Dr. Henry Cloud and Dr. John Townsend on Discouragement and Depression. I'd like to continue to summarize the last two principles in this excellent little book by two Christian Psychologists.

Principle Seven: Take Life as It Comes.

Dr. John Townsend has a bone disease called osteopenia; his bones are too porous. It takes a long time to heal, so he writes, "We must allow time for God to work. He writes that time heals nothing vs. "Time heals all wounds." We can't simply wait for healing. If we sprain an ankle, we get a brace and we get physical therapy. He likens healing in a person to the four seasons.

- In winter even when all seems dead and unfruitful, it can be a very productive time to fix, restore, plan, repair, and rest.
- Spring is the time for new beginnings to plow, plant, see a counselor, join a group, change patterns of thinking and behavior.
- Summer the fields are growing, and it is time for maintenance and weeding and continual care.
- Fall is when we reap from our work and God's work in our lives. It takes time and work.

Principle Eight: Love God with All You Are.

We end where we began. In Principle One we asked God to be on our journey to healing. In this Principle we love God in all areas of our life. Jesus said, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment" (Matthew 22:37-38). We love God with our thoughts and mind and emotions and heart. When we do this, we open ourselves up to God even when we can't overcome the depression, but we keep asking for God's touch on our lives. We hold on to his promises. "He heals the broken-hearted and binds up their wounds" (Psalm 147:3).

On Friday I'll again be commenting on life in and at Desert Hills Lutheran. Since I have been gone, I thought I would offer something a little different.

Blessings,

Pastor Martin