

"Psyche Me Up"

A monthly newsletter brought to you by the Simpson University Counseling Center

Common College Mental Health Issues

- Depression
- Anxiety
- Stress
- Homesickness
- Addictions
- Eating Disorders
- Family Conflict
- Sexual Abuse
- Relational Conflict
- Sleep Deprivation
- Faith Crises

*The most common
experience in all of
these is:*

Loneliness & Isolation

Need More Help? Talk to someone!

Talk to your roommate, a friend, your RA, your SRD, or stop by the Counseling Center!

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Poking Holes in the Darkness

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Issue 1

If I obey Jesus Christ in the seemingly random circumstances of life, they become pinholes through which I see the face of God.—Oswald Chambers

We live in an age of sound bytes and communication that can't exceed 140 characters. We don't read whole books that take us on a **journey that has a beginning, middle and end**. We read tweets and hash tags that are mere fragments of whole thoughts, or blogs that are based more on our feelings and experiences than on timeless truths and **wisdom that spans generations**. Truth and wisdom that joins us with a **story much larger than our own**.

It is a culture of self-interest, self-image and self-promotion. We seem more interested in how something will post and how many **likes or favorites or re-tweets** it will get than we are about how our words or actions will make someone feel. We are **endlessly "connected"**, but **increasingly lonely**.

And we don't really see each other.

Many of us have seen the YouTube video that circulated social media called **"Look Up."** In it, the poetry and imagery captures the downside of "this media we call 'social' that is anything but ...". He says that "it no longer satisfies to engage with one another and **look into someone's eyes** ... When you're busy looking down, you don't see **the chances you missed** ... To not tell the hundreds of what we've just done because we want to **share the moment with just this one** ... To **take in our surroundings** and make the most of today, because we have a finite existence and set number of days ... To **give people our love and not just our 'like.'**" (Ouch).

The struggles listed to the left leave the sufferer feeling **isolated, alone**. If we don't look up, how can we **see each other**? If we don't **free our hands** how can our hands be free to **reach into their loneliness** and offer ourselves? To poke some **holes in their darkness** and let in some light. Create "pinholes" through which they, and we, can **see the face, and the grace, of God**. To offer what we ourselves want and need **when it's our turn** in the dark.

We rarely look into each other's eyes for very long anymore. Our screens get far more of our face time than our relationships. **We are distracted and ceaselessly multi-tasking**. What if we could **change the world of one person**, or even just their day, by offering our undivided attention? What if our gadgets were more like a garment we wear that we can **put on and take off**, as needed for the situation, rather than like **food, empty calories**, that we consume all. day. long?

There are many stories throughout history in which people of God were asked to **do something considerably awkward**, maybe even irrational, by human standards. But **victories were won in obedience** to God's call, **no matter how awkward** or non-sensical the act may have seemed at the time.

What if we might be the answer to someone else's prayer by stepping into **obedience-to-the-awkward-nudge of God**. This may require **ridiculous bravery**, but may also be ridiculously rewarding! That girl that always sits by herself ... that guy who never comes out of his room ... the conversation you overheard that wounded one of its hearers ... these, and a hundred others like them, are **opportunities. Captured or missed**. Are we "looking up" long enough to **SEE, to HEAR, the nudge of God to love**? The sometimes awkward call to say, "Are you ok?" Or, "Hi, what's your name?" Or, "Hey, some of us are going ___, do you wanna come?"

God is a God who **pursues every human soul**, every lost lamb that they may be found. We are His children, made in His image, **commissioned to love** with the same pursuit, the same passion, to find the **one lost lamb** and bring them back into **the protection of "community"** with the others and with their Shepherd. **Look up. See.** Give them your **eyes and your hand**. And with that we may just see and touch the heart of **God Himself**.

BE BRAVE. RIDICULOUSLY BRAVE TO THE AWKWARD NUDGE OF GOD!