

"Psyche Me Up"

In Defiance of Depression

December 2014

"He who has learned [to give thanks for everything] knows what it means to live... He has penetrated the whole mystery of life..." - Albert Schweitzer

Thanklessness inflates an empty self... Gratitude infuses trust in the fullness of a Good God, even when He seems untrustworthy.

In big things and small things, both **good and not-so-good**, we have only what comes from God's hand. What, in His Goodness, He gives us.

Unlike most of the population of our world, we are inexplicably blessed with comforts ... and cursed by the complacency that comes with it.

With hot showers and warm drinks on cold days ... cool showers and cold drinks on hot days ... warm clothes and cozy blankets in winter ... pillows for our heads, shoes for our feet ... lights at the flip of a switch ... clean water from any faucet ... medicine when we're sick, ice cream when we're depressed, chocolate for any ailment, access to food when we are hungry ... **the list goes on yet we forget the Giver of all these things.**

**Need Help?
Talk to Someone!**

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

We are located at:
2211 College View Drive
Redding, CA 96003
Owens Center,
Suite 208
530.226.4106



While there is certainly such a thing as true "**Clinical Depression**", and the severe reality of that condition is **not to be minimized**; there is, also, a kind of depression that most of us suffer from at one time or another throughout our lives. Sometimes it is brought on by difficult circumstances, but other times it may be more a reflection of the **condition of our mind, heart or spirit** that is not always explainable by outward circumstance.

Predominantly, depression is described as **sadness, boredom, gloomy, numb or hollow**. But, depression can also be defined as a **hole, crater, sink hole, or even a pit**. These are words that have deep **spiritual implications** and what I most want to address here.

Though I cannot always **choose nor change** my circumstances, **I can always choose how I see them**. Research has now shown (what scripture has made clear to every generation since the Fall), that **the act of giving thanks**, genuine, **deeply known and felt thankfulness**, is enough to pull me out of even the biggest **crater-sized holes** in my life. Every act of thanks is a rung on the **ladder up and out**.

"Thanksgiving is our **acceptance** of whatever He gives ...giving thanks in everything is what prepares the way for **salvation's whole restoration** ... To save, 'sozo', means **true wellness, complete wholeness** ... Our very saving is associated with our gratitude."—*Ann Voskamp*

"One act of thanksgiving, when things go wrong with us, is worth a thousand thanks when things are agreeable to our inclinations." - *St. John of Avila*

Mark Buchanan writes, "What is the **root sin** ... It is **thanklessness** ... refusal to glorify God ... **failure to thank Him** ... thanklessness is the place God does not dwell, the place that, if we inhabit too often, He turns us over to." The place, I suppose, where I can be **king or queen of my very own pit**. (Yea me).

Is Clinical Depression sin? Is depression always evidence of my thanklessness? **No**. Is there a very real **spiritual aspect to some depression** that can, perhaps must, be cured within the spirit and soul? Yes.

Giving thanks **softens us and opens us up** to healing. It flies in the face of - and **defies - everything around us** that lies and tells us that **God is not Good**. It rescues me from my **daily sink holes** of doubt and disappointment. Forgetting, refusing, to give God thanks **distorts** how I see the world. It makes it MY world. Gratitude is not a feeling. **It is a knowing**. This is not my world. It's His.

Giving thanks re-minds me.

Thankfulness invites the presence of God into even our darkest hours. **Joy is found in seeing God in this moment, in this very place. IF** thanks is offered, **joy IS** always possible, even in the sad, gloomy pit of the now.

Give Him **this moment** and **let Him** live up to His name ...

I AM.

Simpson Community: *may it not be said of us ... "For although they knew God, they neither glorified Him as God nor gave thanks to Him, but their thinking became futile and their foolish hearts were darkened."* Rom. 1:21

