

SPECIAL
POINTS OF
INTEREST:

- No, it is not wrong to long for death in order to “go home” to heaven.
- And, no, it is not wrong to not take treatment for a serious illness and let nature take its course.
- Our thought life reflects our inner conflicts and oozes out of our pores unbidden. Changing our thoughts goes a long way to changing our inner spirit and anxious feelings.

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The Hard Questions

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Answers to Life's Hard Questions— Are You Ready?

Dear Joy,

Is it wrong to just want to “go home?” Not to do the deed, but to simply wait until a cancerous option presents itself and then opt not to take the treatment. Is that wrong?

Depression is a serious subject probably better handled by an expert. But since you've taken the time to ask me, I will attempt to give you an answer.

First, I will give you a simple answer to your question. No, it is not wrong to long for death in order to “go home” to heaven. And, no, it is not wrong to **not** take treatment for a serious illness and let nature take its course. However, God has built into each one of us an extremely strong survival instinct. Having had cancer myself, I can tell you it is not easy to just give into it and let yourself die. I suppose the older you get (you didn't give me your age) the easier it might be to just die.

The problem, besides the survival instinct which you may be able to hold at bay, is your dear friends and family. They won't want to let you go and there may be a good reason to hang around and pray or minister in some fashion to those you love. If you have no family or friends, well, that's a depressing thought itself.

There is another thing to consider: what God's desire is for you. I don't know about you but I truly want the will of God first and foremost in my life. He may

have plans for you such as furthering His work in some way. We all are of great value in God's eyes and there is always something we can do to further the kingdom. It says in Ephesians 2:10, “For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

But let's look at depression for a minute. Depression is the opposite of enthusiasm which means “God within”. When depression strikes, we don't have much enthusiasm for much of anything including life. Depression can happen to any one of us through what is called a chemical imbalance. I don't pretend to understand that but your first plan of action should be to see your doctor for a complete physical. He can tell you if there is a medical cause for your depression.

Depression is too complicated to solve with a single answer. Gary Collins, in *Christian Counseling: A Comprehensive Guide* (Dallas: Word, 1988), lists seven major categories of causes for depression, and six major approaches to treating it. Each one has multiple options within each category. Also, people use the word “depression” to cover everything from disappointment over losing



at sports to the terrifying darkness that drives people to suicide.

Depression many times comes from anger turned inward. You may have something or someone you're very angry about but you keep your feelings locked inside. When you do this depression invariably sets in and gets its claws into your soul and causes you more anguish than if you'd acted on your anger. Emotions can be our friend but they can also be our enemy. Controlling our emotions begins with knowing and following scripture.

Philippians 4:4-8 gives a perfect prescription for times of emotional chaos or anxiety. Read the words slowly, let them sink into your soul and calm your spirit:

“Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by



...whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things"

Philippians 4:8

prayer and supplication, with **thanksgiving**, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through **Christ Jesus**. Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good** report, if there is any virtue and if there is anything praiseworthy; meditate on these things" (**Philippians 4:4-8**—NKJV).

Our thought life reflects our inner conflicts and oozes out of our pores unbidden. Changing our thoughts goes a long way to changing our inner spirit and anxious feelings. Notice the things we are to think about: things that are true, things that are noble, just, pure, lovely, of good report. Filling our minds with the opposite—which we are all prone to do—the negative, the ugly, and dark rumors only leads to emotions run amuck and a life filled with gloom.

How do we then change our thoughts? Back to scripture we go because it holds our answer. In Romans 12:1 and 2 it says: "Therefore, I urge you, brothers and sisters, in view of God's

mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." Renewing our mind is like recording over an old CD. Putting scripture, truth, and whatever is of good report in place of the negative thoughts we often return to will do wonders for a chaotic mind. Philippians 4 is a good place to start.

One more suggestion. Many times when we feel down and blue and unworthy, it may be that our focus is on our problems: lack of money, lack of caring friends, lack of love. After we change our thought patterns we are ready for changing our outlook on life by finding someone who needs a friend, help of some kind or just a little encouragement. When we start giving of ourselves to others, remember Jesus said all we have to do is give a cup of water in His name, then our own lives are refreshed and we find everything looks different: fresher, newer, more challenging. And don't overlook praying for someone. There are

times when we can't do anything else but we can always pray for others. Intercessory prayer is a gift, both for the one who is prayed for and the one who is doing the praying.

For you and any others who read these simple thoughts, I urge you to put these ideas to the test. Soon you, too, will see what God can and will do in your life.

Prayers Can't Be Answered Unless They Are Prayed

Life without purpose is barren indeed—
There can't be a harvest unless you plant seed,
There can't be attainment unless there's a goal,
And man's but a robot unless there's a soul....
If we send no ships out, no ships will come in,
And unless there's a contest, nobody can win,
For games can't be won unless they are played,
And prayers can't be answered unless they are prayed....

So whatever is wrong with your life today,
You'll find a solution if you kneel down and pray
Not just for pleasure, enjoyment and health,
Not just for honors and prestige and wealth,

But pray for a purpose to make life worth living,
And pray for the joy of unselfish giving,
For great is your gladness and rich your reward
When you make your life's purpose the choice of the Lord!

~Unknown~

RESOURCES & INFO

Web Sites:

[Are there biblical examples of depression and how to deal with it?](#)

[What should a Christian do when overwhelmed by depression?](#)

Books:

"*The Depression Cure; The 6-Step Program to Beat Depression without Drugs*" by Stephen Ilardi, PhD

"*Laughing Again, A Survivor's Guide to Healing Depression*" by Roxanne Renee

HELPING YOU FIND GENUINE JOY!

Genuine Joy Ministries

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QUESTIONS????? Write us.

Sometimes you come up with really hard, tough questions that you don't have the answers to.

At times you're too embarrassed or uncomfortable to ask your friends and family... and when you are brave enough to ask the questions, even they don't always have the answers.

You don't think you have anyone that you can talk to... well now you do.

Genuine Joy Ministries is dedicated to helping you find the answers to life's hardest questions.

SHORT JOKES

Just For Fun

A magician was driving down the road..then he turned into a drive way...

Two snowmen are standing in a field. One says to the other : "Funny, I smell carrots too".

There are 2 cowboys in the kitchen. Which one is the real cowboy?
The one on the range.

Q. What do you call a boom-a-rang, that dosen't come back?
A. A Stick!!!!

Q. What's pink and fluffy A. Pink fluff

Q. What's blue and fluffy A. Pink fluff holding it's breath



The Will of God Will Never Take You Where
the Grace of God
Will Not Protect You
~Author Unknown~

If you know someone who would be interested in or needs to see this newsletter, you can easily add their email address to our mailing list. Just send a quick email to: info@genuinejoyministries.org



THE HARD QUESTIONS — DO YOU HAVE ONE?