

An Uplifting Thought

Well, another year has come and gone. The holidays are over, everyone is back home and here we are alone with ourselves again. Now I'm down in the dumps, having a pity party, and just feeling downright depressed. I've got the blues real bad, have no energy left, just want to sit around, do nothing and feel sorry for myself.

I guess we all have experienced this sometime in our life but what can we do about it?

Let's think about this for a minute. We all have at least one friend who is always with us and we can talk to Him whenever we want to. We don't even have to pick up the phone or get on a computer. Just say His name and start talking. In Hebrews chapter 13 verse 5, His very words are, "I will never leave you or forsake you."

Your immediate family may have gone back home but don't forget about your church family. They also are always available. Not long ago we studied about the "One Another Principle" and all the different ways we are to interact with each other. If we carry out those principles we are not going to have time to sit around feeling sorry for ourselves.

One of my favorite passages comes from Psalm 118:24: "This is the day which the Lord has made; Let us rejoice and be glad in it." So pick up your phone, call one of your brothers or sisters in Christ, tell them you were thinking about them and you love them and see what kind of reaction you get. You'll feel better and make their day a joyful one also. Having contact with someone can help cure the old "blues" and a visit is even better than the telephone call. So get up, get out and enjoy the day the Lord has made and be with one of your brothers or sisters in Christ. You'll feel better.

For the elders,
Don Wagner