

I'M DEPRESSED – WHAT DO I DO?

Many people today are seeking help for life's problems from psychological counselors. It seems to many that this is the only option available for people suffering from the emotional pain that oftentimes results from life's decisions or circumstances. Please seriously consider another option - an option that is far superior. An option that will truly heal your heart, guilt or anxiety caused by relational problems with others. For if you look closely at your life, you will see that the emotional pain and anxiety you are suffering from is probably related to some problem with a relationship, or relationships in your life. Whether the problem is with your husband, wife, children, relatives, in-laws, co-workers, boss, friends, neighbors or yourself - your problem is due to disharmony or discord with those you love, care about or with those who influence your life. The really good news is that there is a wonderfully simple solution to your problems. But before we disclose the simple solution, let's closely examine the psychological counseling you may currently be relying on for help.

Let's look at an illustration to start. Suppose you have a friend or relative who has been faithful and trustworthy over the years. When you had a problem, this person was there to comfort or support you - to listen empathetically to your problems and provide some wisdom and guidance. This person truly cares about you and will give you guidance without their own selfish motives interfering, and without asking for anything in return. Could you imagine this person, after they helped you through some difficult time or issue, saying to you, "hey, by the way, that will be \$60 dollars per hour for my helping you". I hope you would be shocked, hurt and disgusted. After all, this person claims to care about you for who you are, and not for what you can give them. True love and caring doesn't ask for anything in return - it simply gives and has the other person's best interests at heart. Truly caring for someone means not asking for something in return for showing them kindness, concern or true love.

Perhaps you've never had, or currently don't have, a true friend like the one described above. Perhaps that is one of your problems. You feel all alone and don't have people around you who love you for you, and not because you give something to them or they get something from you. Many people go to psychological counselors just because they are lonely and are seeking someone to talk with. Perhaps this is why you have turned to a psychological counselor, because you feel you don't have anyone who both truly loves you and cares for your well being AND who has the wisdom to help you. The question is, does the psychological counselor meet these two criteria i.e. **truly caring for you AND having the wisdom to help you?**

Examining the First Criteria: Does the Psychological Counselor Truly Care About You?

If we define truly caring for you as truly loving you and thereby not asking for anything in return for showing kindness and care, then the psychological counselor utterly fails the first criteria. Why? Because they insist you pay them or else they won't "help you". Oh, they have ways of hiding the obvious fact that they demand your money, like having receptionists ask you for the money, or by taking the money via your insurance. But the long and short of it is they demand money from you regardless of the method through which they receive it.

Psychologists often respond to this truth by saying, "well, you pay your doctor, don't you?" Two points in response to this attempt to avoid the uncomfortable truth. First, there are many medical doctors who use their skills to help heal the physically ill without asking for payment. Not all medical doctors are given over to greed and bill as much as possible all the time in order to buy expensive cars and vacation homes, etc. So, because most doctors in the U.S.A. are motivated by greed does not mean all are, and many donate time in free clinics to freely help the poor and needy. Secondly, your medical doctor actually treats a physical or organic problem. If you have a physical wound, the medical doctor sutures the wound; if you have kidney stones, the medical doctor prescribes medicine or a procedure which actually removes the kidney stones; etc. Psychologists, on the other hand, do not deal in the area of physical medicine or science, but rather in the area of **philosophical belief**. They don't assist the healing of physical problems like medical doctors, but rather claim to help heal emotional and/or relational problems through their belief system and advice.

A medical doctor could sew up a wound on your leg without ever getting to know you from a relational or emotional standpoint. He could help your body to heal properly without ever claiming to be your friend, if you define friendship as a knowing via two way communication of two people with resultant emotional attachments or dependencies. Psychologists, on the other hand, do claim to be a friend, as defined above, and do claim to help you heal your emotional and/or relational problems. This places them right back into the position of claiming to be your friend since they claim to care about your emotional/relational problems of living. **But do friends demand money to show care for you and to help you?** There is no logical way to avoid this truth. The hard truth is that by definition, one who demands money in order to show you their "love" for you is a prostitute! On the first criteria - Does the psychological counselor truly care about you - the answer is, just as much, and in the same way, a prostitute cares for her "clients".

You see a psychologist is to friendship what a prostitute is to sexual relations. The truth is that those who truly care about you **DO NOT DEMAND MONEY FOR HELPING YOU!** On this basis alone, you should reject looking to the psychological counselor for real help.

Perhaps you'll ask your psychological counselor about his/her demanding pay, and they'll attempt to avoid the truth by saying, "well, your insurance pays, not you". That might be so, but it doesn't change the fact that your psychological counselor still demands money in order to show you their "love" and "concern". To illustrate this truth, please consider the following. If John pays a prostitute to have sex with Jack, does it mean the prostitute truly "loves" Jack since Jack did not directly pay her? The answer is obviously no - the prostitute's primary concern is making money, and sadly, so is the psychological counselors. In addition, does the psychological counselor consider you an equal in terms of basic human value, or do they view you as a kind of laboratory rat or unenlightened ignoramus whose behavior they are trying to manipulate into their own self-righteous standard which they themselves can't live by?

Examining the Second Criteria: Does the Psychological Counselor Have the Wisdom to Actually Help You?

Psychological counselors don't deal with physical problems like medical doctors, and therefore they are really nothing more than people you go to for advise on how to live your life or how to stop the emotional turmoil you are in. But do they have the answers? What do they believe are the secrets for peace and happiness? If they believed some far out stuff like put a watermelon on your head and live in a tree, then you would not go to see them! The fact is they believe the same essential things about life that you do. If they did not, you would feel uncomfortable with them and would not want their help. However, if they believe the same essential things about life and how to find happiness as you do, then they will not be able to help you solve your problems. All they'll be able to do is to talk with you over time until your emotions quiet down after the crisis, or to try and convince you that you should not feel guilty about decisions you made, words you said, or things you have done. Most psychological therapists claim that psychology has the power to solve all of your problems if you just let them enlighten/educate you in their philosophies. However, if psychologists have all the answers, then why do so many psychologists suffer from anxiety and depression and see their peers for help with their own problems?! Education in this culture is almost viewed as salvation, and psychological counselors lean heavily upon this belief.

However, if their education doesn't help them to experience peace and joy and love in their lives, why do you go to them for help? Is it because they have some advanced degree? Well, you need to know that there are many well educated fools out there! The fact is that hopelessness, anxiety and ultimately the suicide rate is positively correlated to one's education and socio-economic level i.e. the more highly educated you are and the more money you have, the more likely you are to be hopeless, lonely, anxious, depressed and to take your own life. Poor teenagers don't take their own life - rich, well educated teenagers do. Education is not the solution, so don't run to the psychological counselor because of all the letters after their name. And don't be afraid to ask them if they have seen any peers for psychological counseling.

What is the source of the psychological counselor's wisdom? Whatever the source - Freud, Jung, Rogers, et al (these are the names of some of the 'founding fathers' of psychological belief systems) - the fact is that the source is not ultimately authoritative, but rather just the opinions of fallible men. So, if imperfect, fallible men, who struggle with their own problems don't have the answers to your deepest needs, then who does?

The Dilemma:

I don't know if you claim a religious label or not e.g. whether you claim to be a Catholic or Jew or Protestant etc. The good news is that **religion is not the answer to your problems** either! If you thought it was, you would be seeing your priest, rabbi or pastor for help in solving your problems. By virtue of your seeing a psychologist, you have said you don't believe that your priest, rabbi or pastor has the answers you need. You have rejected, for all practical purposes, the traditional religious label you use to describe yourself. Sadly, however, you are now seeking help at the door of another religion - the religion of secular humanism. You see psychology is a religion if one defines religion as what people believe about ultimate reality and meaning of life. Psychologists minister their religion of the worship of "feeling good emotionally", by trying to convince you that you are not a bad person and the blame for your selfish behavior lies largely at the feet of other people, typically your parents. Psychologists will tell you that there are no absolute standards of what is right and what is wrong, and that you need to find your own way and create your own moral reality that you can live by. Modern psychological beliefs are nothing more than a religion of the worship of man as the ultimate source of wisdom, authority and good.

However, the fact that the psychological counseling industry is growing by leaps and bounds proves that it does not help! If it did, then there would be fewer people needing their services. And if it really helped, then surely parents would pass it on to their children, in order to spare their children the same pain they went through. This would further reduce the need of psychologists. Yet people's hopelessness, anxieties and depression just keep on growing. Why? The religion of secular psychological humanism will continue to fail, just like other religions, because of this essential and fatal flaw – **the psychological counselor cannot remove the guilt of your sin by forgiving them.** Only the Person of God alone can provide you with the forgiveness you need, because you first sinned against Him, the moral law Creator, Who gave you the capacity to know right from wrong.

The Solution:

No, the answer to your problems – loneliness, fear, guilt, depression, and hopelessness – is not found in psychology, philosophy or religion, but rather in the form of a Person – a Savior. The solution to your problems is found in a personal relationship with God's Son, Jesus of Nazareth. Now you may react by saying, 'hey, that's religion'. No, Jesus is not 'religion', rather, He is a real person, and He says "Come to Me, all you who are weary and burdened, and I will give you rest" (Matt. 11:28). Jesus did not say, "go to the nearest building that has stained glass and people with long robes and funny collars who claim to represent Me and go through their rituals". No, He says, "Come to Me". He says, "**I am** the Way, the Truth and the Life, and no man comes to the Father but through Me" (John 14:6). You see you will never receive forgiveness for your sins except through the living God's One true representative, Jesus. Your deepest need is to be right with your Father - to be accepted by Him by being forgiven of the greatest sin - ignoring Him. Can you imagine having children who one day, start completely and utterly ignoring you in their presence, as if you were not even there? Are you doing the same thing to Jesus? Do you ignore him and his Words even while being a good christian by going to some church building week after week?

A woman came to Jesus for the forgiveness of her sins, and Jesus said, "Therefore, I tell you her sins have been forgiven – for she loved [Me] much. But he who has been forgiven little loves little." Then Jesus said to her, "Your sins are forgiven." The other guests began to say among themselves, "Who is this who even forgives sins?" Jesus said to the woman, "Your faith [in Me] has saved you; go in peace." (Luke 7:47-50) What did her faith in Jesus "save" her from? Her self condemnation. You see God

will not force people to be in His presence. But He loves you so much that He sent Jesus to rescue you from the darkness you walk in, and He witnessed to this fact by raising Jesus from the dead three days after Jesus allowed sinful mankind to murder Him on the cross. You see, your Creator and Father, God, has already proved His love for you by sending His Son to show you the Way home, even though it cost him everything. And what did Jesus give her? His peace, something every person alive needs.

The eyewitness testimony of the life and teachings of Jesus of Nazareth says, "After His (Jesus') suffering [death on the cross], he showed Himself to these men and *gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.*" (Acts 1:3) Jesus is alive! He is not just some distant, ancient historical figure. Rather He is the only One who can help you with the most important problem you have, which is the guilt of your sin, your powerlessness to change, and the denial of the wisdom of Jesus for how to live your life and relate to others. Jesus is not just another man, but rather the Son of the true and living God, and he has all the answers and solutions to your problems.

You see you are created in the image and likeness of God and that God has given you a moral conscience through which you can judge right from wrong. Now, you may be like Adam and Eve, pointing the finger at other people around you and trying to pass the blame for your problems. Do you blame this person or that person while not taking responsibility for your own actions and decisions, which led to, or contributed to, your current problems? This will not make your guilt, loneliness or hopelessness go away. However, the really good news is that you are just one moment away from having the guilt of your sin removed if you would turn to Jesus to save you from your sin. What you must do is in your heart confess to Jesus that you are a sinner – in other words, that you have contributed to your problems through living a selfish life and by ignoring Him. Then, you must truly trust in Jesus by giving Him your heart and life so that He may fix it. You see, friend, you will never be rightly related to others until you are rightly related to God through his Son Jesus. And you'll never have peace and rest in your soul until you become rightly related to Jesus. And being rightly related with Jesus means to trust in Him and His never-failing love, with all your heart, soul, mind and strength.

Beware of Blind Guides:

Jesus says regarding philosophers or psychologists, "Leave

them; they are blind guides. If a blind man leads a blind man, both will fall into a pit." Psychological counselors, social workers, psychiatrists – those who demand your money and ignore Jesus – **are all blind guides.** Sadly, this applies to their religious counterparts as well. Leave them, as Jesus commands you, and instead turn to Him and His Words in the first part of the new testament. You see it is as if you are sitting in the bottom of a huge pit that you fell into and cannot get out of. You cry out for help because you are dying of thirst. Then, someone else falls into the pit with you – your psychological counselor. Your psychologist doesn't seem to realize she is in the pit too, and starts to explain to you how you have to learn to feel good where you are. You explain you are very thirsty and need to get out of the pit lest you die of thirst, yet she says you'll never feel O.K. until you come to terms with the fact that you are in the pit! The psychologist gets real thirsty too, but tries to hide from you as she too searches for water. Then Jesus walks up to the edge of the pit and reaches His long, strong arm and hand down to you and says, "If anyone thirsts, let him come to Me and drink". (John 7:37) What do you do?

Jesus says, "Come to Me, all you who are weary and burdened, and I will give you rest...For My yoke is easy and my burden is light" (Matt. 11:28). You have a simple choice before you: EITHER you can continue to have a counselor take your money and talk endlessly about your past in order to have you pass your blame and guilt on others - OR, you can turn to Jesus to save you from your sin (the pit) and to give you His life of love and peace and joy! To come to Jesus, you must admit and confess in your heart that you have spent your life largely ignoring him and his Way of Life. Then, you must give your heart and life to Jesus, knowing you cannot fix it yourself, and go to Him for how to live your life and how to deal with life's difficulties. If you do this, Jesus says you will be born again (John 3:3-5), and you will start a whole new life!

If you give your life to Jesus, you must seek to understand what He wants from you and His purpose for your life. Jesus says, "Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent." (John 17:3) To grow in your new relationship with Jesus, you must learn his Words which are found only in the gospels! Don't make the same mistake you have been making and go to people for the answers. Jesus says that to be his follower, **you must listen to him and him alone as your sole spiritual authority.** Don't listen to 'the bible', rather, listen to ONLY Jesus, for he is the only one who can set you free! www.JesusFamilies.org

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