

A Reflection on Depression...

November 29, 2007 (2:50am).

Father, I come boldly to Your throne of grace to ask for help in this time of trouble. Cut through me and let me come into Your rest, I plead.

Hebrews 4:1-16 The Scriptures 1998+

(1) Therefore, since a promise remains of entering into His rest, let us fear lest any of you seem to have come short of it.

(2) For indeed the Good News was brought to us as well as to them, but the word which they heard did not profit them, not having been mixed with belief in those who heard it.

(3) For we who have believed do enter into that rest, as He has said, "As I swore in My wrath, if they shall enter into My rest..." And yet His works have come into being from the foundation of the world.

(4) For somewhere He has said thus about the seventh day, "And Elohim rested on the seventh day from all His works,"

(5) and in this again, "If they shall enter into My rest..."

(6) Since then it remains for some to enter into it, and those who formerly received the Good News did not enter in because of disobedience,¹ Footnote: ¹See 3:18.

(7) He again defines a certain day, "Today," saying through Dawid so much later, as it has been said, "Today, if you hear His voice, do not harden your hearts."

(8) For if Yehoshua had given them rest, He would not have spoken of another day after that.

(9) So there remains a Sabbath-keeping for the people of Elohim.

(10) For the one, having entered into His rest, has himself also rested from his works, as Elohim *rested* from His own.

(11) Let us therefore do our utmost to enter into that rest, lest anyone fall after the same example of disobedience.¹ Footnote: ¹See 3:18.

(12) For the Word of Elohim is living, and working, and sharper than any two-edged sword, cutting through even to the dividing of being and spirit, and of joints and marrow, and able to judge the thoughts and intentions of the heart.

(13) And there is no creature hidden from His sight, but all are naked and laid bare before the eyes of Him with whom is our account.

(14) Therefore, since we have a great High Priest who has passed through the heavens, Yahushua the Son of Elohim, let us hold fast our confession.

(15) For we do not have a High Priest unable to sympathize with our weaknesses, but One who was tried in all respects as we are, apart from sin.

(16) Therefore, let us come boldly to the throne of favour, in order to receive compassion, and find favour for timely help.

Thank You Father for answering my prayer. You have cut through me and brought me back into Your rest. And how did You do it?

Easily, You simply brought me back to read Your inspired words to me in 1988. At that time I was in the same predicament I find myself at the present time.

Your sacred words giving to me clarifying Your Living Word written in the Scriptures, are a lamp unto my feet.

Thank You Father for Your Ruach, our Helper, our Teacher to teach us all things that we lack to know about Yahushua our Master and Savior.

Back in 1988, I didn't know about the correct spelling of Your name, but, You honored the fact that as You revealed Yourself to me, I accepted You even when I had not seen You before.

Then, in due time, through Your Ruach You have revealed Your name not only to me but to us all. I know now the proper way to address You by Your proper name.

The title of the writing that You have brought to my remembrance in answer to my cry for help is, Do I Have To Act Depressed? Indeed, I Do Not!

I suggest, dear reader, that you partake of the gems that I share in these writings, then, go to the Scriptures yourself and get some more gems to satisfy your searching for the only Truth that avails.

Do I Have To Act Depressed? Indeed, I Do Not!

By Thia Licon

The following are the expressed thoughts of a few days in the author's daily journal as the result of many moments of quiet and deep communion with her Creator.

The author hereby shares these thoughts with you, dear reader, in the hope that in some way these most important observations may contribute to enlighten you in the path of everlasting life.

4/5/88. This is a Tuesday morning. I have waken up about 4:45 a.m. with a fierce attack of depression. A black cloud of guilt and condemnation hung over me ready to smother and annihilate every trace of hope in my life.

I turned on the light and I heard noises outside my door. Then I walked to the door and opened it only to find out that my Honey was busy like a bee doing the house cleaning which I didn't do yesterday because I was busy developing a thought in my writing.

The thought of my Honey doing what I had considered to be MY JOB jolted the sword pointing from that cloud of depression hanging over me to smother and annihilate every trace of hope in my life for sure.

The jolty sword pierced deep within my soul and all of a sudden I felt the pangs of an awful hopelessness attempting to invade my being. I looked around me and I thought to myself, I'm a hopeless flop!

I'm lazy and inconsiderate and I have no excuse! I deserve the worst! I ought to be ashamed of myself!

And just about the time that I was to give in to such gruesome enemy, the thought occurred to me that I didn't have any reason to feel that way... I looked around me once

again only to see a different picture than what I saw in my mind when I first woke up. In the screen of my mind I saw my Honey. I saw him just like when I first opened the door, I saw him full of energy and enthusiasm about his accomplishment of the early morning for he had done an act which he knew I would have done but for lack of time and energy. Suddenly! In an instant of time I remembered what a wonderful feeling that is. I remembered how good I felt after a good house cleaning, specially when I have accomplished such while everybody else slept. And I thought to myself, “Why should I begrudged my Honey his accomplishment just because I think it makes me look bad? God knows that I am not lazy, why should I have to condemn myself as such?...

Somehow I remembered my identity with God through Jesus Christ, God’s only begotten Son about which I had been writing for the past few weeks... Then, in the next instant I remembered distinctively this same depression fiercely attacking me in former years when I didn’t know my identity with God through Jesus Christ His only begotten Son...

I remembered that time when I didn’t know my identity with God through Jesus Christ His only begotten Son and I had the responsibility as a wife and mother of so many little ones. I remembered that awful predicament!

And then,... Just like in a vision, I also remembered the young women of my acquaintance who are mothers and wives and are still battling this awful enemy with their own power. Battling without the power of God because they do not know their identity with God through Jesus Christ His only begotten Son. Then, in the very next instant I began to cry on to God for mercy for us all!

In the very next instant I began to cry on high for mercy for that young wife and mother in the midst of a disarray and confusion of a clutter and untidy house and children and who is helpless and unable to call on God herself!

In the very next instant I began to cry on high for mercy for that young mother and wife which is exposed, analyzed, criticized, judged, and many times even condemned in the television screen to a bewildered crowd of viewers. That young mother and wife who is helpless and unable to call on anybody herself even unto God because the disarray and confusion surrounding her, even the unceasing crying of that untidy and neglected baby which is driving her to criminal mental insanity, and blocking her way to call for help anywhere even on to God!

Mercy! Oh God! Mercy! I cried. Mercy, Oh God! For You know that we don’t want to be this way. You know that we are not lazy, You know that we are caught in this predicament out of ignorance of who we are in You. And You know Lord, that we are powerless to help our own selves.

You know Lord that there is not any help to be found outside of You! Mercy! Oh God! Mercy! I cried. Mercy, Oh God! For You know that all the mental health clinics and psychiatrists and wonder drugs and methods of this world are not any help at all to win the total and lasting victory over this enemy of depression.

You know, Oh God, that the only way to win that victory is to find our identity with You

through Your only begotten Son, Jesus Christ!

Mercy! Oh God! Mercy! I cried. Mercy, Oh God! I can not reach out to that soul and touch her, and reveal unto her, her identity with You. Whoever she might be, You know Lord that I can not rescue and save her but You can!

Rescue that soul and save her from the grip of such a fierce enemy called depression!

Mercy! Oh God! Mercy! I cried. Mercy, Oh God! I can not reach out and touch and deliver her from such predicament but You can, Oh God! Deliver her, Oh! My God! And even by a supernatural act send an angel to minister to her and snatch her out of the clutches of depression and into Your loving arms. Mercy! Oh God! Mercy! I cried. And somehow I know that the Lord God Almighty has heard my cry!

4/6/88. I left my writing yesterday to the end of my prayer. And even though that my depressed feelings continued, I knew that I did not have to act depressed because I do not have any reason at all to be depressed.

On the contrary, I have all the reasons in the whole world to rejoice and be glad. Because I know my identity with Jesus Christ the only begotten Son of God and therefore I know that my name is written in the Book of Life!

And when it comes to feelings I am beginning to learn that I do not have to live and act by my feelings. I do not have to let my feelings control my life. But I am also beginning to learn that I do not have to live by my own reasonings and conjectures about my feelings and how I must handle them with mind over matter.

Actually, I have fallen into the trap of mind over matter so many times that, I am finally learning to avoid such trap. For the trap of mind over matter is so ever subtle. It is so easy to follow up on our own reasonable conjectures of what to do with any given situation. Even on how to handle one's feelings of depression.

The truth of the matter is that we are some clever creatures by nature and we always find ways to enthrone our own selves in the decision making seat of our lives. We are so ever willing and quick to pick up on any doctrine, teaching, book, method, philosophy, idea, or anything including material and physical things in order to avoid the surrender of the control of our lives to anybody else other than ourselves.

We have a God given free will from birth until death, and by carnal instinct, we want to control our lives at any cost. And society supports us one hundred percent in such pursuit. We do not want anybody, including God Himself, to control our lives.

Nevertheless, by a miracle of the unseen power of the Almighty Holy Spirit of God, I have come to allow Jesus Christ, the only begotten Son of God, to take control of my life. Therefore, I have the power to avoid falling into the trap of mind over matter to control my feelings because I do not live by my own mind's willfulness, but I have the mind of Christ Who is in control of my life.

Instead, when I feel depressed I lift up my voice on high for somebody else who has not experienced the miracle of letting Jesus Christ the only begotten Son of God take control of his or her life.

Such it is what happened yesterday. Yesterday I experienced the power of God in the act of intercession for others to overcome the depression that befell on me. That depression that befell on me yesterday was seemingly for no apparent reason.

But there is a reason why I awoke up under such a depressive cloud. And that reason is, simply, because it was ordered by God Himself that I would be attacked in such way by the enemy of depression to strengthen me against it.

And I was strengthened to walk by the power of God's Spirit! For I resisted the temptation to handle such feelings with my own inclinations of mind over matter. And I allowed the Holy Spirit to use my situation to pray for others.

Then instead of struggling to get rid of the feelings by rushing to do one thing or the other I did only what the Holy Spirit inspired me to do.

And for what I was inspired to do, after I prayed, anybody would have thought that I was just giving into depression and self-pity. But, I know that such is a far cry from the truth. For the truth of the matter is that among the reasons which triggered my depression yesterday was the unconscious return of past conflicts and fears in my life. And among such conflicts and fears was the conflict of whether to work or not to work on a regular job.

I felt compelled to work for fear of rejection from man. And I wasn't sure if instead than working in a regular job, I should obey God and fulfill my call to write. I had been avoiding such conflict consciously but it finally erupted into a feeling of intense depression for no apparent reason at all.

But since Jesus Christ is in control of my life I did not give into the depression. Instead, later on during the day, I followed the inspiration of the Holy Spirit to confront the conflict and to put my trust in Jesus on the outcome of my confrontation.

The immediate situation which I didn't want to confront was, my once a week charge for this dear old lady on Tuesdays for which I have been receiving generous wages. When I took such charge, I didn't necessarily do it because I needed money, for although I did not have any income at the time, I had learned to do without it.

But, I took the job because I felt that my Honey would be pleased if I would get away from my none income writing career and managed to bring home some kind of income for my own self-esteem.

My Honey has no obligation to support me because he is neither my husband nor my lover. But God has put love in his heart for me and he has taken me under his wing, he had never required me to pay him rent for my apartment nor had he let me starve myself.

So, I can not accuse him to be the cause for my own actions to please him in a way which he had not required me to do. Nevertheless, those were my motives when I took that job on Tuesdays to please my Honey.

The truth at the bottom of my motives was pride and arrogance. For I was reluctant to accept the fact that I am not able to earn my living in the conventional way for God has not called me to do such. I was reluctant to accept that fact and I wanted to prove that I could make money!

Now, for quite a few weeks I had known that I had been wrong and I had made the decision to quit, after careful and prayerful consideration. But, I had fallen in love with the whole situation of taking care of my lady on Tuesdays and I didn't want to quit. I had fallen in love with my lady and her family and besides the money was coming in kind of handy. For that reason the whole thing became a conflict which I didn't want to confront. As the weeks went by each week became more difficult to go to work. But, yesterday it became impossible. For the feelings of depression persisted through the whole morning and into the afternoon of yesterday until I opened my eyes to see what was the root of the problem.

Once I recognized the root of my problem I was empowered to turn it over to Jesus and let the unseen power of the Holy Spirit from God take over the whole situation for me to come up with the right decision on what I was supposed to do.

My decision for the immediate moment of yesterday was to call my employer and be honest with her about the way I was feeling at the time. Then to stay home and wait to talk to her when such feelings would pass away.

4/7/88. Yesterday was a very productive day in my little piece of glory land. It is truly amazingly wonderful to me how things develop in the life of the Christian believer who walks by the Spirit of God. Things develop in that kind life with magnificent simplicity. The details of the incidents of yesterday are not as important as the precious nuggets which I gathered as the end result of such incidents. Such nuggets I shall share with you, my dear reader, for they are precious gems which the Spirit of God separated from the vileness of the flesh within my very own being.

The first nugget I want to share with you, my reader, is the knowledge which I experienced during the turn of events of yesterday. And that is **THE KNOWLEDGE OF WHAT IT IS TO WALK BY THE SPIRIT OF GOD.**

To walk by the Spirit of God has got nothing to do with being a mystical and a spiritual person immersed in some kind of mystical or spiritual doctrine about an spiritual being without any humanity at all. But it has all to do with being whole and complete in Jesus Christ the only begotten Son of God and walking like He did.

How wonderfully simple. How is it that we have come to mess it all up by spiritualizing a different Jesus than Jesus Christ the only begotten Son of God?

Dear reader, I know that I begin this writings sometimes like IÆm speaking in riddles. But I have been programmed to be so mixed-up in my conception about God and religion and Christianity that when I see the enormity of the error in which I have been programmed I canÆt help but to verbalize my amazement!

For all the years of my life I have been programmed to a conventional Christianity made out of manÆs ideas of a Jesus Christ who is not at all the Jesus Christ of the Bible Who is Jesus Christ the only begotten Son of God and Son of man.

But, my dear reader, for all the years of my life I **HAVE BEEN PROGRAMMED TO THIS CONVENTIONAL CHRISTIANITY WITH MY WILLING CONSENT!**

Therefore, I no longer blame the conventional church gatherings nor the whole spectrum of man made religions for such programming.

And that, my dear reader, the fact that I no longer blame the conventional church gatherings nor the whole spectrum of man made religions for such programming is what I am more amazed about than anything else. It is such wonderful nugget to me! A nugget to share with you.

Because in former times I have been so critical and judgmental about everybody else because I felt that I had suffered so much because of the awful way in which I was programmed by somebody else.

I felt that the least I could do was to be critical and judgmental about everybody else. My feelings were such because I could not see clear. My vision was blurred and obstructed with bitter resentment for everybody who had part in my programming. I mean, I blamed everybody and everything and there was nothing clear to me.

But now, the vile from the precious has been separated within me and the one vile thing which had been obstructing my vision has been separated within me for me to clearly see the preciousness of the nuggets of gold laying within my bosom. Nuggets which I am sharing in this writing.

The one vile thing which I now clearly see was the one thing that mostly obstructed my vision and my hearing in past times. And that one thing is, the fact that I was putting the blame on everybody else but my own self!

For nobody programmed me without my willing consent! Nobody taught me about another Jesus, but I learned such on my own accord. And to see and perceive such thing is to me amazingly wonderful! A nugget of pure gold! For I realize that I am able to see and perceive such a thing because I am walking by the Spirit of God in Jesus Christ the only begotten Son of God!

For to walk by the Spirit of God has nothing to do with being an incomplete human being following a mystical and inhuman being in a spiritual and mystical way. But to walk by the Spirit of God has all to do with being a whole and complete human being in Jesus Christ the only begotten Son of God. And to walk by the Spirit of God has all to do with walking like Jesus did.

And to walk by the Spirit of God has all to do with seeing and perceiving things as Jesus did. It is a wonderful and simple walk. And a walk with power to overcome the self, the world, and the enemy! What a nugget to possess!

But how is it that I came to mess it all up by spiritualizing a different Jesus than Jesus Christ the only begotten Son of God? I came to do such because I was foolishly deceived and bewitched by my own carnal ideas of Christianity.

And I came to that deception because I was a silly woman who did not sit still and listen to the sound doctrine of the Holy Spirit through the Pastor which God appointed me. But I took it upon myself to criticize every action and find fault with everything in which my Pastor and his congregation were involved because every action and everything which

they did was not in agreement with my own carnal ideas of Christianity. For such is the sign of the age. For it is written,

2 Timothy 3:1-7

1 But understand this, that in the last days there will set in perilous times of great stress and trouble—hard to deal with and hard to bear.

2 For people will be lovers of self and [utterly] self-centered, lovers of money and aroused by an inordinate (greedy) desire for wealth, proud and arrogant and contemptuous boasters. They will be abusive (blasphemous, scoffers), disobedient to parents, ungrateful, unholy and profane.

3 [They will be] without natural (human) affection (callous and inhuman), relentless -- admitting of no truce or appeasement. [They will be slanderers —false accusers, trouble makers; intemperate and loose in morals and conduct, uncontrolled and fierce, haters of good.

4 [They will be] treacherous (betrayers), rash [and] inflated with self-conceit. [They will be] lovers of sensual pleasures and vain amusements more than and rather than lovers of God.

5 For [although] they hold a form of piety (true religion), they deny and reject and are strangers to the power of it— their conduct belies the genuineness of their profession. Avoid [all] such people— turn away from them.

6 For among them are those who worm their way into homes and captivate silly and weak-natured and spiritually dwarfed women, loaded down with [the burden of their] sins, [and easily] swayed and led away by various evil desires and seductive impulses.

7 [These weak women will listen to anybody who will teach them]; they are forever inquiring and getting information, but are never able to arrive at a recognition and knowledge of the Truth.

But God in His mercy and long suffering has mercy on us all, even on the most reprobate like I was. For the Lord God causes the faithful Christians who remain in the churches which the Almighty Holy Spirit of God has appointed unto them, to intercede for the ones who have fallen into the deception of the age. Thus somebody prayed for me!

And the scales were taken off my eyes and the plugs off my ears and I was able to see and hear the real Jesus of the Bible at last! For the Scripture reads, James 5:17-20.

17 Elijah was a human being with a nature such as we have—with feelings, affections and constitution as ourselves; and he prayed earnestly for it not to rain, and no rain fell on the earth for three years and six months. [I Kings 17:1.]

18 And [then] he prayed again and the heavens supplied rain and the land produced its crops [as usual]. I Kings 18:42-45.]

19 [My] brethren, if any one among you strays from the Truth and fall into error, and another [person] brings him back [to God],

20 Let the [latter] one be sure that whoever turns a sinner from his evil course will save

[that one's] soul from death and will cover a multitude of sins [that is, procure the pardon of the many sins committed by the convert].

Yes, thank God for the Jimmys and the Franceses with their faithful congregation. Jimmy is my pastor and Frances is his wife and as I have written before about them, God has given them the gift of mercy. And because of their faithfulness to receive and practice the gift of mercy from God I am now back in the household of God.

And I repeat, to see and perceive such a thing is to me amazingly wonderful! A nugget of pure gold! To see what it is to walk by the Spirit of God. For it has nothing to do with being a mystical and a spiritual person immersed in some kind of mystical or spiritual doctrine about an spiritual being without any humanity at all.

But it has all to do with being a whole and complete human being in Jesus Christ the only begotten Son of God and walking like He did.

It is a wonderful and simple walk where one can do as Jesus did. And when the Almighty Holy Spirit of God guiding and directing every step leads one to walk into the synagogue or any gathering of Christians, then as Jesus Christ did, one can read with an unexplainable power the same Scriptures which He read.

For when the Almighty Holy Spirit of God is in control of one's life one can read or talk or do the same things that Jesus did with the same authority that He had even when one knows that His words within one's heart could be rejected by the closest and most familiar members of the congregation. Much like Jesus knew that He would be rejected in the same circumstances. For the Scriptures read,

Luke 4:16-24

16 So He came to Nazareth, [that Nazareth] where He had been brought up; and He entered the synagogue, as was His custom on the Sabbath day. And He stood up to read.

17 And there was handed to Him [the roll of the book of the prophet Isaiah. He opened (unrolled) the book, and found the place where it was written, [Isa. 61:1,2.]

18 The Spirit of the Lord [is] upon Me, because He has anointed Me [the Anointed One, the Messiah] to preach the good news (the gospel) to the poor; He has sent Me to announce release to the captives, and recovery of sight to the blind; to send forth delivered those who are oppressed— who are downtrodden, bruised crushed and broken down by calamity;

19 To proclaim the accepted and acceptable year of the Lord—the day when salvation and the free favors of God profusely abound. [Isa.. 61:1,2.]

20 Then He rolled up the book, and gave it back to the attendant and sat down; and the eyes of all in the synagogue were gazing (attentively) at Him.

21 And He began to speak to them Today this Scripture has been fulfilled while you are present and hearing.

22 And all spoke well of Him, and marveled at the words of grace that came forth from His mouth; and they said, Is not this Joseph's Son?

23 So He said to them, You will doubtless quote to Me this proverb, Physician, heal Your-

self! What we have learned by hearsay that You did in Capernaum, do here also in Your [own] town.

24 Then He said, Solemnly I say to you, no prophet is acceptable and welcome in his [own] town (country).

4/8/88. Yes. To walk by the Spirit of God in Jesus Christ the only begotten Son of God is a wonderful walk! It is a wonderful and simple walk. And a walk with power to overcome the self, the world, and the enemy.

It is a walk in which one identifies with Jesus at all times. It is a walk in which one does not have to imitate nor follow after another Jesus for one knows that one is walking as one with Jesus Christ the only begotten Son of God.

It is a wonderful and simple walk where everybody can see that one is walking with Jesus the only begotten Son of God in the heart and not with an spiritual Jesus born in the mind of man or made up by the figment of the imagination in a man made religion.

And such are the nuggets which I was to share with you, my dear reader. For they are the precious gems which have been separated from the vileness of the flesh within my very own spirit by the Almighty Holy Spirit of God!

And they are the precious gems which the Almighty Holy Spirit of God yearns to separate within the very spirit of all the chosen members of the Body of Christ to Which Body you and I are called to belong by the unseen power of that same Almighty Holy Spirit of God!

4/9/88. My dear reader, the last four days, Monday, Tuesday, Wednesday, and Thursday I spent handling and battling depression. And for the looks of the nuggets which I collected from such a battle I should say that I won the battle, don't you think so? It didn't look so Tuesday and Thursday afternoon! It seems that those two afternoons are the afternoons in which I was at the battlefront.

My friend, I tell you, the battle was fierce and I felt like a goner! But! I had on the whole armor of God! For I knew my identity with Jesus Christ His only begotten Son. And such knowledge is the same thing as to be clad in the armor of God. For the armor of God is Jesus Christ His only begotten Son with Whom I identify!

And because I was thus armed looks and feelings didn't count. But because of the knowledge of my identity with Jesus Christ the only begotten Son of God, I knew that I am more than a conqueror in Christ Jesus, regardless of the looks and feelings of any given circumstance of life!

For the attacks from my enemy of depression may come, but I do not have to be defeated by that enemy! I do not have to act depressed! I do not have to be slave to that enemy because I can conquer it with the armor of God which is Jesus Christ His only begotten Son.

And when the attacks from my enemy of depression come I do not have to be defeated by that enemy! I do not have to act depressed! On the contrary, I have all the reasons in the whole world to rejoice and be glad. Because I know my identity with Jesus Christ the only begotten Son of God. Therefore, I know that my name is written in the book of Life!

And I do not have to worry about my name being written in the book of death from the

threats of depression here in this world. And when it comes to feelings and looks of any kind, not just when it comes to depression feelings and looks, I am beginning to learn that I do not have to live and act by my feelings nor by the looks of any situation.

I do not have to let my feelings and my reasonings control my life. And I am also beginning to learn that I do not have to live by my own reasonings and conjectures about my feelings. The how I must handle these feelings with the mind over matter motto of secular doctrine.

For I have tried the mind over matter motto of secular doctrine because I have tried every way and method that has been possible for me to try to get rid of the severe mental depression which attacks me continuously.

Believe me dear reader, in about 26 years of searching and looking intensively for a cure for this depression I have tried a lot of such ways and methods. A lot!

Including the treatment from non mercenary psychiatrists whose heartÆs desire was only my welfare. Psychiatrists who did not have commerce in their minds when they attempted to help me out, but, who simply did not have the cure!

The search to find the cure to survive over depression with my own self efforts was intense and extensive but totally and completely fruitless!

Therefore, I have hit bottom! I have come to the end of myself! Thoroughly and completely to my wits end! And I praise the Almighty God Who caused me to hit such bottom!

But why in the world should I praise such a God after I have gone through such tragic journey when such a God has seemingly let me down and in my whole journey He didnÆt seem to be around?

Ah! My friend, my God didnÆt seem to be around, but He was there all the time! He was there! He never left me nor forsook me. But I wouldn't lift up my eyes nor turn my ears towards His gentle tugs. I wouldn't mind Him at all! I was so stuck up on my own self! So programmed to live a self-centered life that I couldn't see nor hear my God crying out to me and pleading to me to lift up my eyes and tune up my hearing to Him!

For I didn't have to be traveling in such a rough journey not only as a slave to such a cruel enemy as the enemy of depression but also as a slave to the enemy of fear of rejection of man. A slave craving for the approval of man!

I didnÆt have to be lost and traveling alone in such a rough journey! But I was ignorant of my identity. I was ignorant that I was a child of the King! I was ignorant of my identity with the King of kings! Jesus Christ, my Lord!

I was a lost Royal Child! Traveling along a dark and miserable sunless valley of death, ignorant of my identity!

It was not my Heavenly FatherÆs wish and will that such should happen to me. My King provided for me only the best and blessed me with superabundance throughout my life. Including the Bible as the book of instruction about my royal identity.

But I! I took it all for granted! I took all my blessings and turned the other way to seek for

another identity. And identity to satisfy a self-centered and godless society which appealed to my carnal senses. An identity which seemed good to me. And even when I read the Bible I was looking therein for such a wrong identity! How sad!

For I am a mother of several children and I have raised them through most of their childhood lives to the best of my ability. But, I know what it is to have one's children in search of another identity. I know what it is to have one's children in search of another identity because they don't want to identify with me.

Even when I offered them the best which I, as a parent, had to offer to them which were my ways of love and experience to the best of my knowledge at the time in which I was raising them.

But, at least my children, as children, rebelled not against my love but they rebelled against my imperfect ways as a human parent. But I, as an adult, rebelled against the perfect ways of a Heavenly Father, the Almighty God Who created me!

And the way in which I acted towards my Heavenly Father reminds me of the rebellious way in which my children have acted, and some of them still act, towards me more times than I would like to admit.

And the way in which my Heavenly Father handles my rebellious ways is pretty much in the same way in which I have had to handle the rebellious ways of my own children. For, after a certain age limit, there is nothing that a parent can do but to let the child reconsider his or her ways of her own volition.

And in the mean time, while the child is traveling in that rebellious journey struggling to make it on his or her own, independent of any parental assistance and doing his or her own thing.

When the child is fighting against all the odds to succeed, when the child is on his or her own rebellious kick, disgusted and full of anger towards the parental system of authority, there is nothing that a parent can do but to be loving and kind to that child.

And it has come the time that what I see in my family is the same thing which I see in most families. And what I see is that we have raised a bunch of children independent of the Almighty God Creator of Heaven and earth because we have been raised in the same way ourselves. And so were our parents.

We have raised a whole bunch of children without their rightful identity with the Almighty God through His only begotten Son because, we have been programmed to do so by a godless society with only a form of godliness.

And now we are suffering the consequences of rebelliousness, pretty much in the same way in which God is suffering the consequences of our own rebelliousness.

And the root of it all goes all the way back to the book of beginnings, the book of Genesis where God gave us a free will to choose to obey Him or not.

You see, dear reader, in the same way in which you or I or anyone didn't wish for our children to act rebellious to us parents, in that same way, our Heavenly Father never intended for you, or I, or anyone to be rebellious to Him.

Nevertheless, God's children have been traveling in a rebellious path from the beginning of time. But from the beginning of time God has also made provision to win His children back to Him for the good of His children. Pretty much in the same way in which most of us parents try to win our rebellious children back to us for their own good.

And that is the way of loving-kindness and discipline. Those loving-kind ways sometimes do not seem to be so loving or kind because sometimes those loving-kind ways are stern ways to discipline that rebellious child.

Therefore that rebellious child rejects us over and over again, as we rejected our own parents. And in the same way in which I refused God's loving and kind ways of discipline for my own good because I didn't like such ways, because such ways didn't agree with my carnal senses. In that same way my children, many of times, refuse my loving and kind attempts to discipline them to win their love back to me for their own good!

The similarity in which we handle our parental relationship is strikingly alike with the way in which we handle our relationship with the Almighty God Who created us!

Perhaps some of my children when they reject me now it is because they don't know the new me yet. They do not know that I no longer live by my old ways and they do not trust the old me which they know only too well! They still remember my old ways which are the ways which I taught them. Also, in the same manner in which I taught my children about my old self, I also taught them the wrong concept of God. Therefore, now they are confused about God and me altogether.

So, they are really rejecting me because they don't know me, and they are rejecting God through me because I did not teach them the truth about God and they don't know God.

Nevertheless, we as human parents, as imperfect as we are, we would give our lives for our children if it meant to restore the happiness that they have lost. That one thing that we would do for our children but which we could not do in an effective way, God our Heavenly Father has supernaturally done for us!

For God gave us His life in the life of His only begotten Son that by believing in Him and letting Him take control of our lives, much like a little child trusts a powerfully good father, we shall be restored into the blissful happiness of our rightful identity with Him, an identity which we have all lost because of our rebellion.

That is the reason why my friend, I praise the Almighty God Who caused me to hit the bottom of my search for the wrong identity. The Almighty God Who caused me so much calamity and adversity in my search for that wrong identity.

And by a supernatural act which is the miracle of the birth, crucifixion, and resurrection of His Son, an act which I had taken for granted all of my life, by such supernatural act He brought me back to Him!

Yet, even when I had taken this act for granted all of my life, one day, after 46 years of tugging and pulling at my heart, He finally caught my attention.

Much the same way as a loving human parent acts towards his rebellious child. For the loving human parent never abandons his child. He sticks to his child through thick and

thin, even when the child totally ignores and willfully refuses to acknowledge him. Hence the saying, Blood is thicker than water!

Yet, a human parent peradventure tires out and abandons his child, but not our Heavenly Father! For it is written,

Psalms 27:10 Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child]. [Ps.22:10.]

Do you see my friend, how my God didn't seem to be around, but He was there all the time? He was there! He never left me nor forsook me. Even when I was so willfully ignoring Him. For I wouldn't lift my eyes nor turn my ears towards His gentle tugs. I wouldn't mind Him at all!

For I was trapped in the snare of the end times. I was programmed to be a prisoner of the trap of selfishness! But praises be to God! For Jesus Christ His only begotten Son, He has set me free!

Psalms 124:1-8

1 If it had not been the Lord Who was on our side,
now may Israel say,

2 If it had not been the Lord Who was on our side, when men rose up against us,

3 Then they would have quickly swallowed us up alive, when their wrath was kindled against us; 4 Then the waters would have overwhelmed us and swept us away, the torrent would have gone over us;

5 Then the proud waters would have gone over us.

6 Blessed be the Lord, Who has not given us as prey to their teeth! 7 We are like a bird escaped from the

snare of the fowlers; the snare is broken, and we have escaped!

8 Our help is in the name of the Lord Who made Heaven and earth.

Such a Psalm is an appropriate ending for this booklet. It's an obvious summarization of the reason why I do not have to act depressed even when I am fiercely attacked by the mighty enemy of depression!