

Talking to Yourself

Several years ago, I lapsed into prolonged discouragement. I was hitting thirty-five, and my accomplishments seemed meager. Fears and disappointments cropped up like so many weeds. One day I booked a room at a nearby resort and, needing a good counselor, invited the British expositor Martyn Lloyd-Jones to join me. He fit nicely into my backpack in the form of his book *Spiritual Depression*, and that week the Lord used his words to restore my soul. The opening chapter struck me forcibly. Lloyd-Jones observed that the Psalmist was talking to himself when he said, "Why are you cast down, O my soul?"

I say we must talk to ourselves instead of allowing "ourselves" to talk to us! Do you realize what that means? I suggest that the main trouble in this whole matter of spiritual depression is that we allow our self to talk to us instead of talking to our self. This is the very essence of wisdom in the matter. Have you realized that

most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: "Why art thou cast down"—what business have you to be disquieted? You must turn on yourself and say to yourself: "Hope thou in God"—instead of muttering in this depressed, unhappy way. Then you must go on to remind yourself of who God is, and what God has done, and what God has pledged to do.

I took Lloyd-Jones' counsel to heart, and I left my retreat quoting another verse, Psalm 103:1: "Bless the Lord, O my soul; and all that is within me, bless His holy name."

I've been talking to myself ever since.

(Morgan, R. J. 2000, c1998. From this verse : 365 scriptures that changed the world (electronic ed.) (March 8). Thomas Nelson Publishers: Nashville)

Modern Society

Our society produces addicts more than any other in history. Why?

1. Our culture has a quick-fix, convenience-oriented mentality.
2. Our society stresses easy solutions.
3. Our era suffers from values confusion, confused morals. This is the first generation that hasn't passed its values on to its young. People don't have the kind of anchors they used to.
4. Our culture is heavily oriented toward entertainment.
5. Our culture suffers from disrupted family life. Children grow up in fragmented homes and experience internal abandonment.
6. There is an enormous loss of community. The average person moves about every three years. The sustained support of extended family members or ongoing close friendships is missing.
7. Ours is a high-stress culture; high anxiety.
8. Ours is a very abusive society.
9. There is a denial of limitations today; we don't deal with death very well.
10. The number of addicts tends to multiply. Addicts produce addicts, so there is a multiplying effect.

Morgan, R. J. 2000. Nelson's complete book of stories, illustrations, and quotes (electronic ed.) (Page 8). Thomas Nelson Publishers: Nashville

Up in Heaven, the pastor was shown his eternal reward. To his disappointment, he was given only a small shack. But down the street he saw a taxi driver being shown a lovely estate with gardens and pools.

"I don't understand it," the pastor said. "My whole life, I served God with everything I had and this is all I get, while a mere cabby is given a mansion?"

"It's quite simple," St. Peter said, "When you preached, people slept; when he drove, people prayed."

Bloopers in Church Notices:

The Low Self-Esteem Support Group will meet Thursday from 7 to 8:30 p.m. Please use the back door.

CHURCH JUMBLE SALE

A good opportunity to get rid of anything not worth keeping but too good to throw away. Don't forget your husband.

Peter Matthews, in memory of his wife ... is donating a loud-speaker to the church.

Weight Watchers will meet at 7:30 p.m. at the First Presbyterian Church. Please use the large double doors at the side entrance.

When you hear gossip ... the best thing you can do is pry about it.

Next Sunday Mrs. Vinson will be soloist for the morning service. The pastor will then speak on "IT'S A TERRIBLE EXPERIENCE."