

FINDING MEANING IN THE MIDST OF PAIN

What gives meaning to your life?

When you're depressed, what is it that keeps you hanging on?

Harold Koenig, in his book *New Light on Depression* said this:

"Love-unconditional love-is the ultimate long-term antidote for depression, for at its core love is connected with faith and hope."

One of the Pharisees, an expert in the law, tested Jesus with this question: "*Teacher, which is the greatest commandment in the Law?*"

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." Matthew 22:36-40

A pastor once said:

"True freedom is not found in doing our own thing; true freedom is found in serving God and His purpose for our lives. When you begin to live to be the kind of person God intended you to be, you experience freedom."

What kind of person does God intend us to be?

The purpose of our freedom:

For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. For the whole Law can be summed up in this one command: "Love your neighbor as yourself." Galatians 5:13-14

OUR STRATEGY:

So how should we live?

What can we do while we are well to prepare for the depressions that we know will come again?