LIVING ROOM – PICTURE THIS

It occurred to me that I’ve been talking a lot about Living Room, but are you even aware of what a Living Room meeting looks like or how it might help you?

If you are a person who has been struggling with depression, anxiety, or bipolar disorder, think how wonderful it would be to go to a meeting where all the other members live with similar problems. Think how good it would be to openly share with them how you feel, and to have them share with you how they feel. It’s a safe place where you don’t need to feel alone, and that’s so different than the lonely feelings you get out “in the world.”

And then, to be able to turn to your faith, along with others who believe as you do. To be encouraged by what you hear about Jesus and his unconditional acceptance and love is healing. Hearing about what he was like and what he said, is encouraging.

Attending a group will leave you feel comforted, knowing the compassion that you have the compassion of others who understand you.

marja