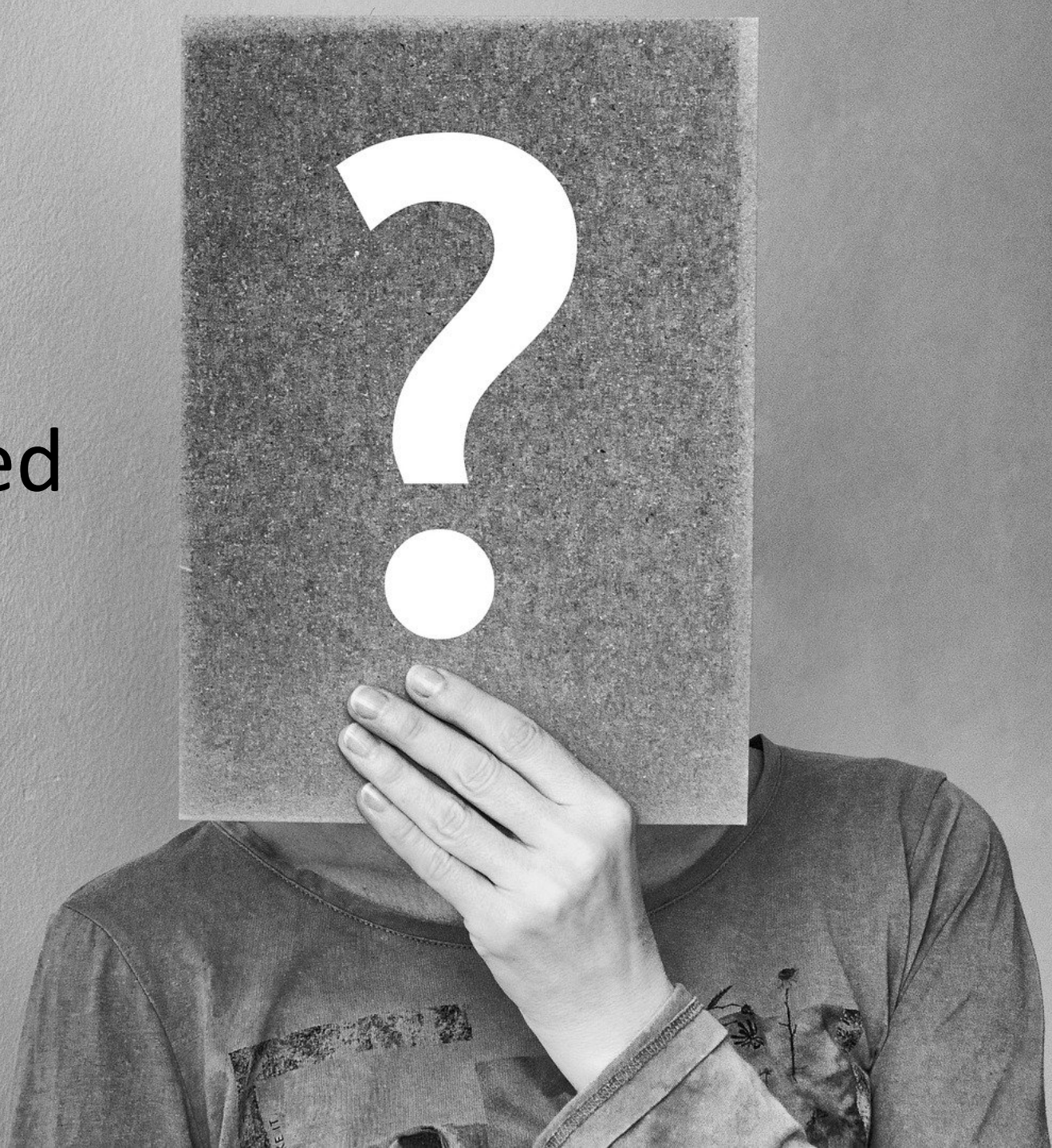


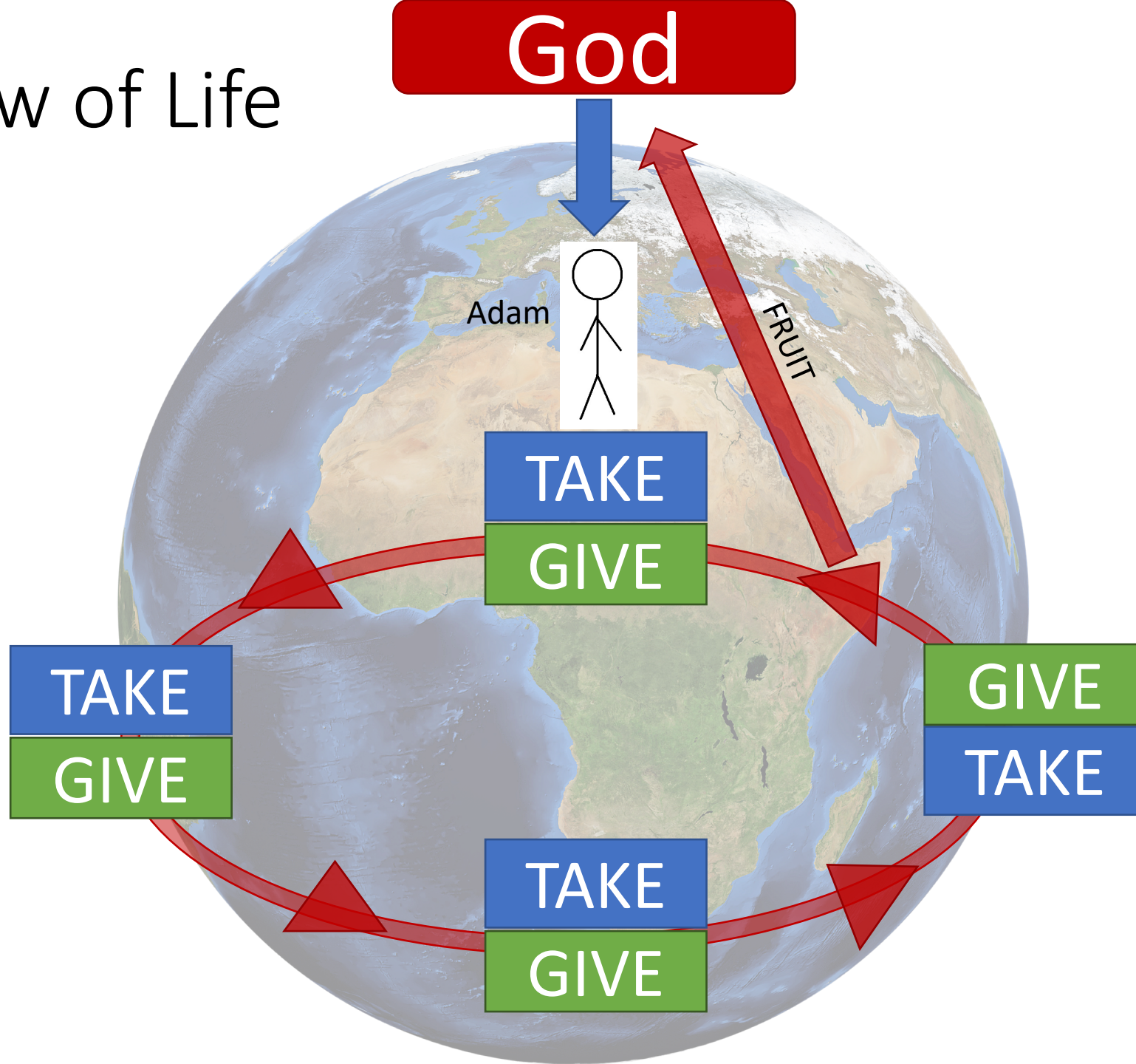
# Depression and anxiety

Blessings in disguise

My people are destroyed  
for lack of knowledge  
Hosea 4,6



# The Law of Life



# Needs of Humanity

Physical needs – who is responsible?  
Me or others?

Needs	Can I produce it	From where do I take it
Food		
Water		
Air...		

Spiritual needs – who is responsible??

<b>LOVE: Righteousness, Security, Liberty, Peace, Joy, Harmony...</b>		
-----------------------------------------------------------------------	--	--

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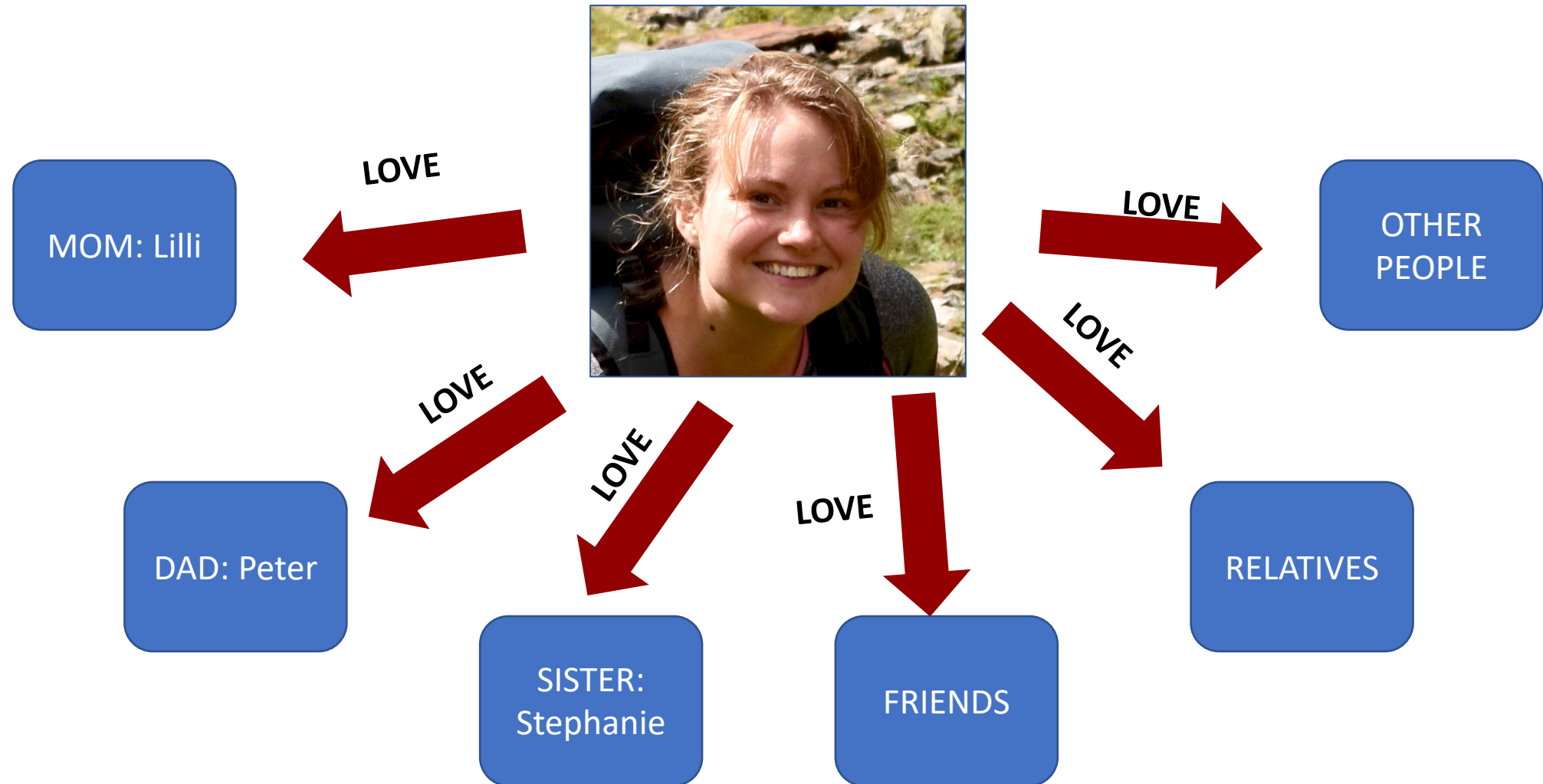
Me or others? **ME=100%**

Needs	Can I produce it	From where do I take it
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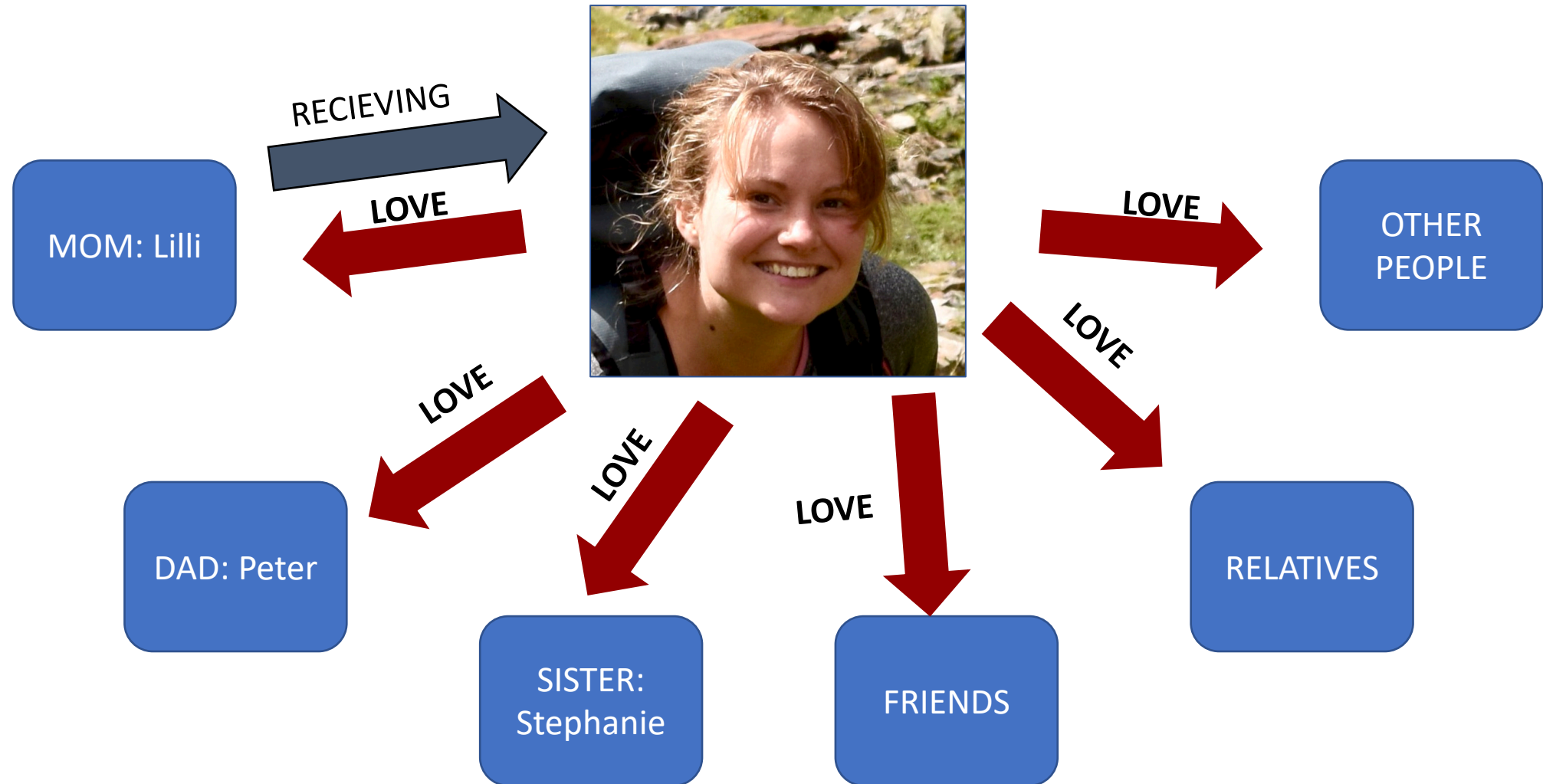
Spiritual needs – who is responsible?? **ME = 100%**

<b>LOVE: Righteousness, Security, Liberty, Peace, Joy, Harmony...</b>	NO	??
-----------------------------------------------------------------------	----	----

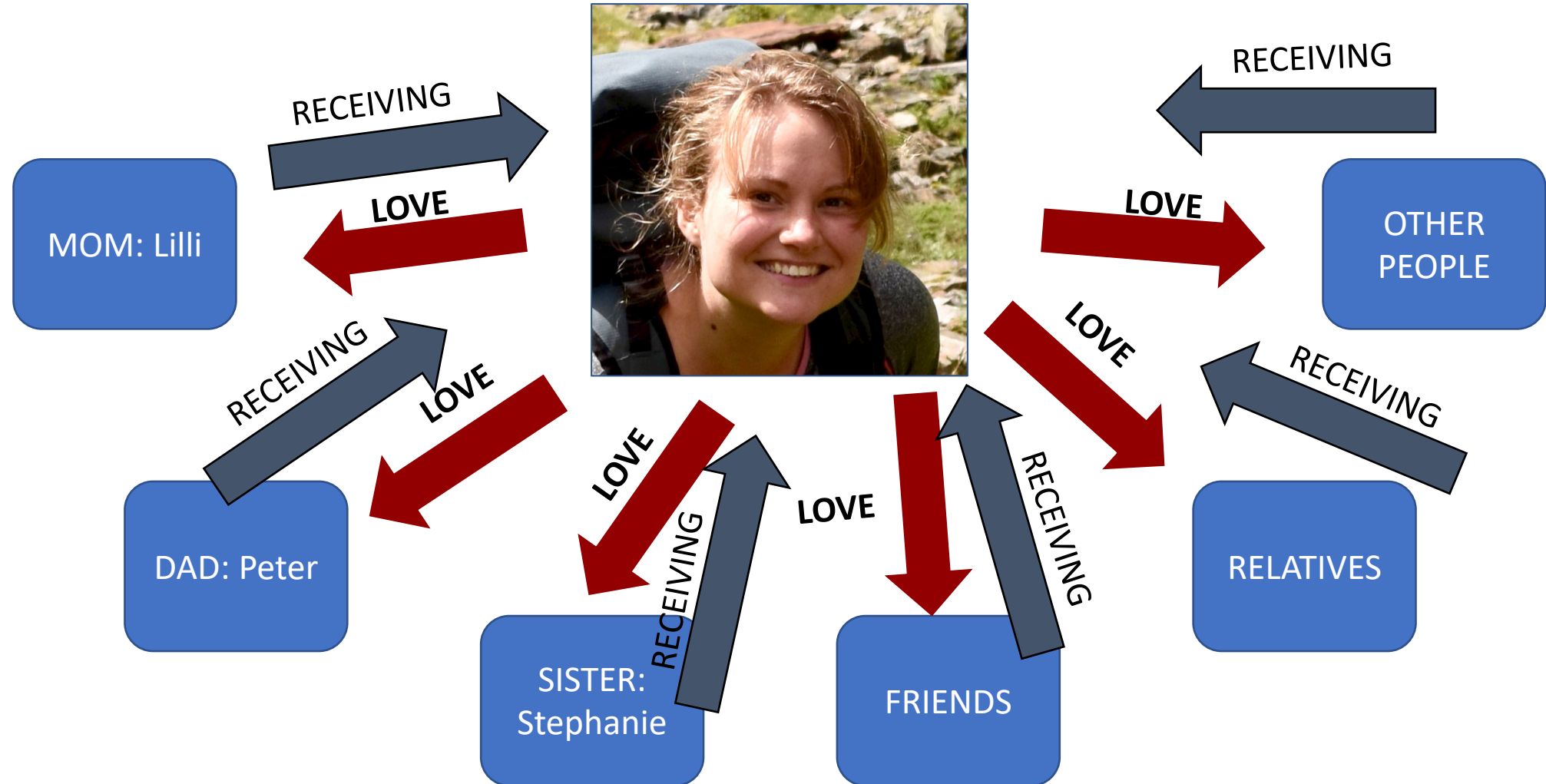
# Relationships



# Relationships



# Relationships



# Our alarm system = Lack of Love



- Depressed?
- Anxious?
- Stressed?
- Angry?
- In conflict?
- Sick?

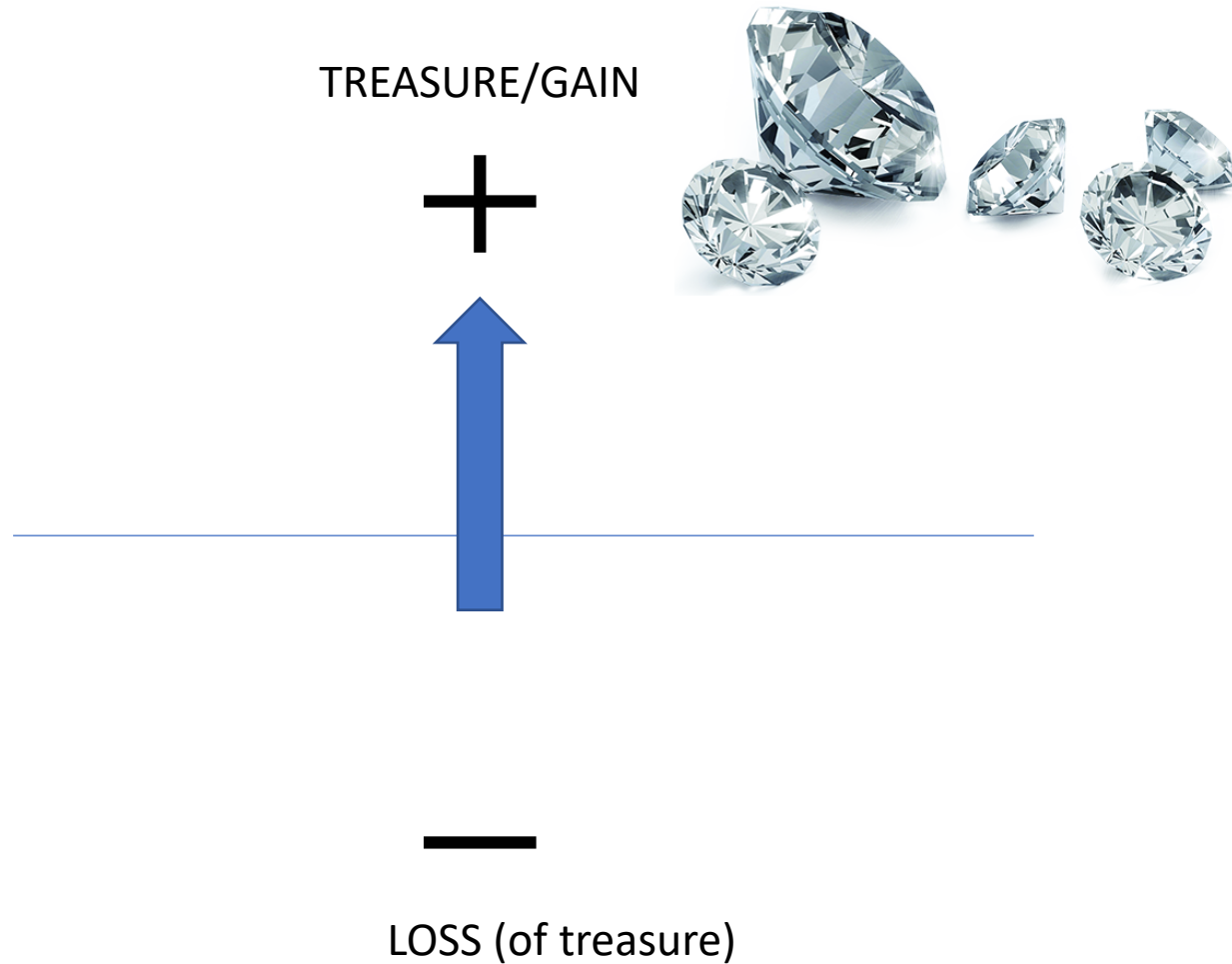
Our alarm system = Lack of Love  
=> Breaking of the Law



- Depressed?
- Anxious?
- Stressed?
- Angry?
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- Sick?

# Inside the Heart of Man

Do I have a choice?







The eyes of our heart

# The eyes of our heart - our identity

## SINGLE EYE: I am a creature of God

- I am only steward: I do not own any one or anything
- I cannot create the love/power whereby I live: I need a source outside of my self.

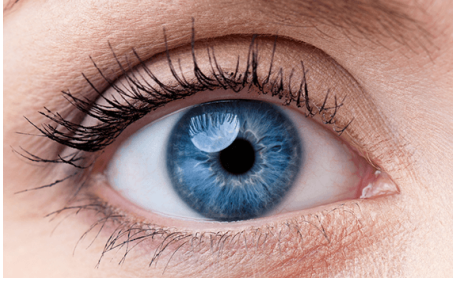


## EVIL EYE: I am God - creator

- I have possessions (people, animals and things)
- I can create (love/power)



# Identity



I am a creature/child of God:

- Nothing is mine
- I cannot produce anything

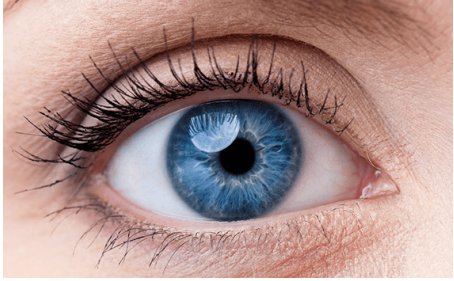


I am God

- I own, possess or have
- I can create/produce



# Identity



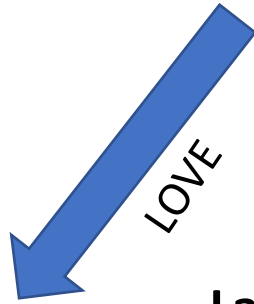
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I am God

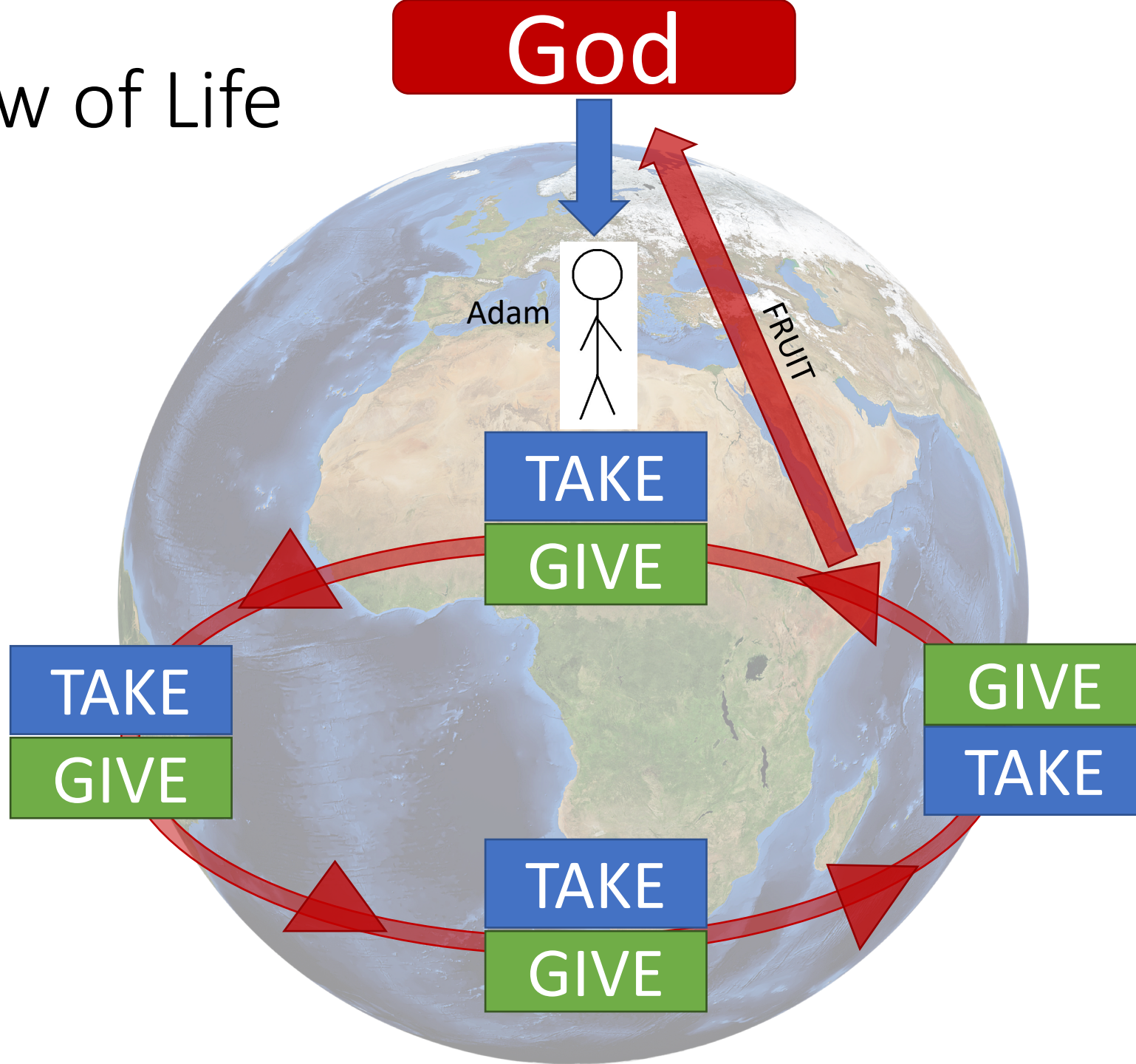
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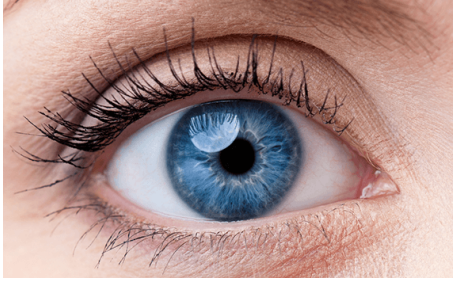
Law of Life: circle of beneficence



# The Law of Life



# Identity



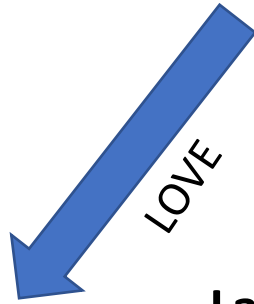
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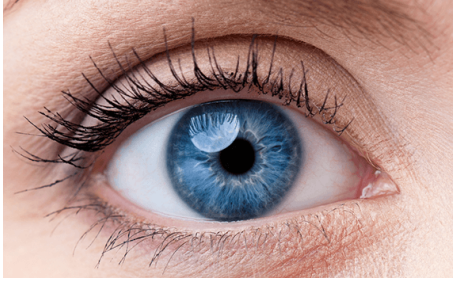
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Law of Life: circle of beneficence



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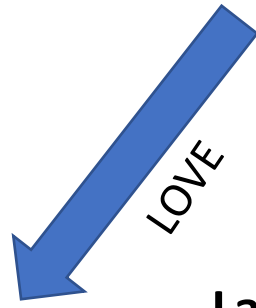
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I am God

- I own, possess or have
- I can create/produce



Law of Life: circle of beneficence



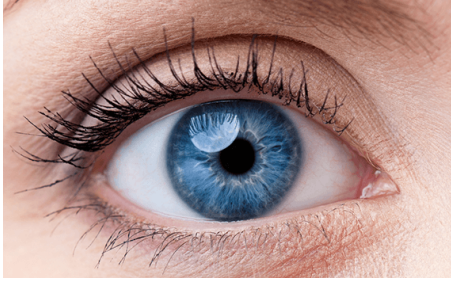
GIVE

Law of Death: dead end



GIVE

# Identity



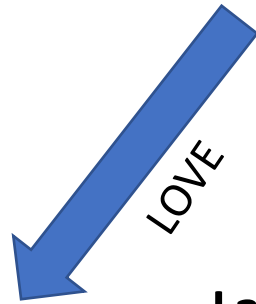
I am a creature/child of God:

- Nothing is mine
- I cannot produce anything



I am God

- I own, possess or have
- I can create/produce



Law of Life: circle of beneficence



Law of Death: dead end





# Identity Crisis: Who am I?



I am a creature/child of God:

- Nothing is mine
- I cannot produce anything
- **I take everything from God, to give**

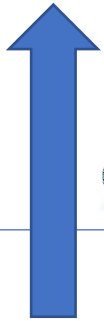
- I CANNOT LOSE
- NO ONE CAN HARM ME
- I AM FREE

TAKE

GIVE

CHOICE

KEEP



GAIN

+



—

LOSS

RECEIVING

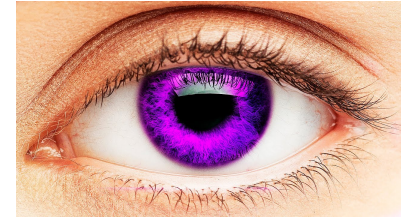
GIVE

NOT RECEIVING

RECEIVING TO LITTLE

SOMETHING IS TAKEN AWAY FROM ME

SELFISHNESS



I am God

- I own, possess or have
- I can produce
- **I am dependent on people and animals for the fulfilling of my needs**

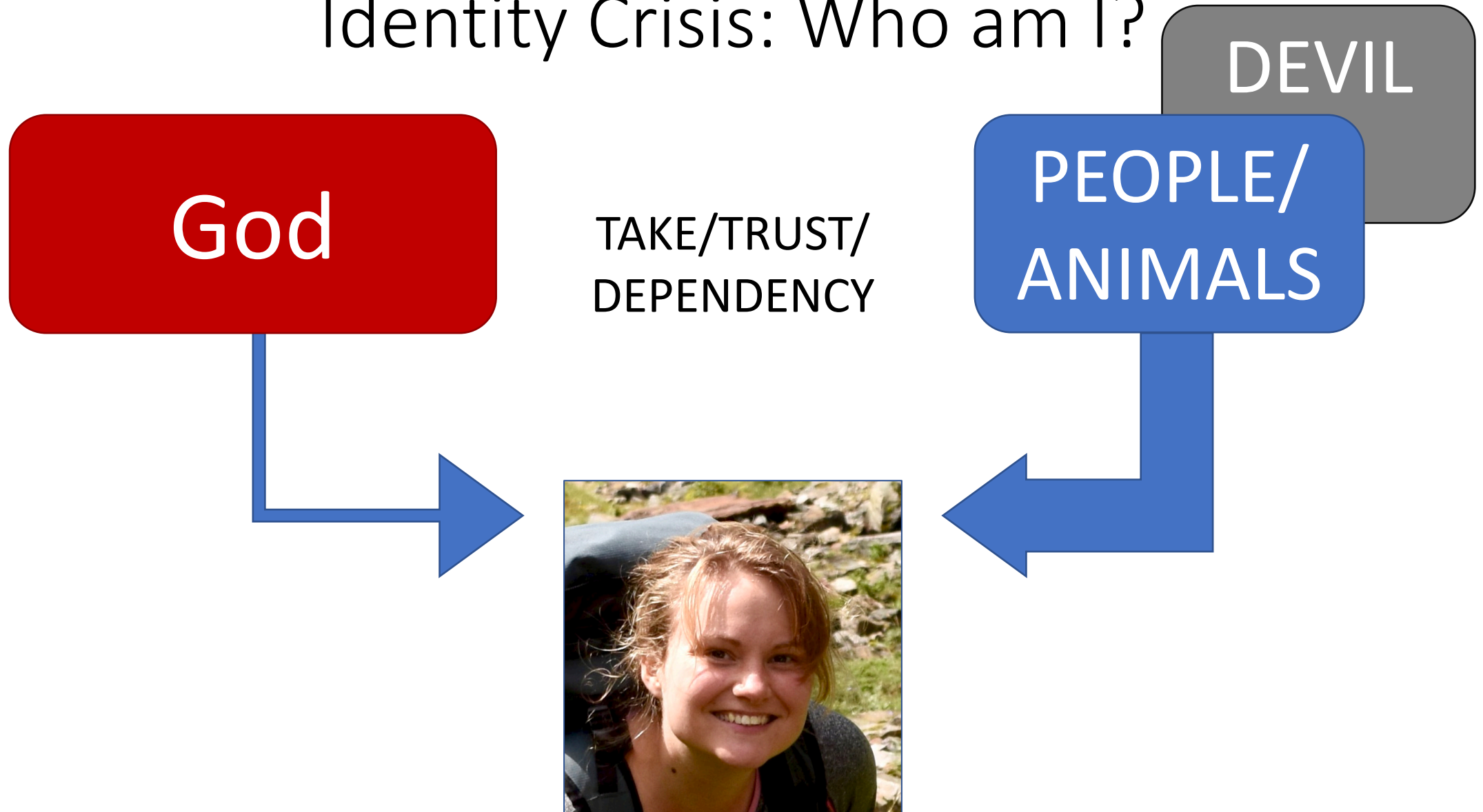
- I CAN LOSE MY POSSESSION
- OTHERS CAN CAUSE ME LOSS
- I AM CAPTIVE

# Do we have a choice?

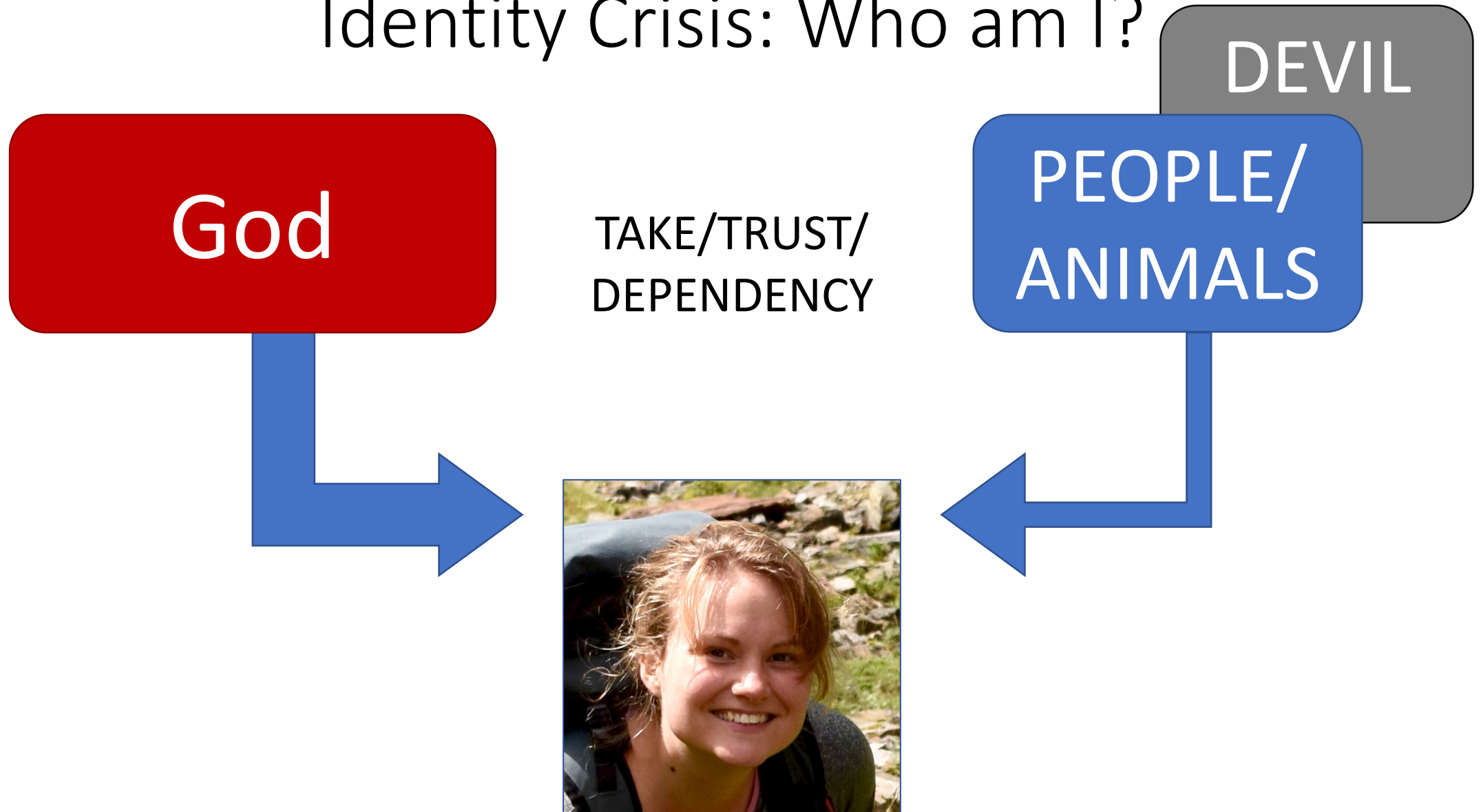


- Depressed?
- Anxious?
- Stressed?
- Angry?
- In conflict?
- Sick?

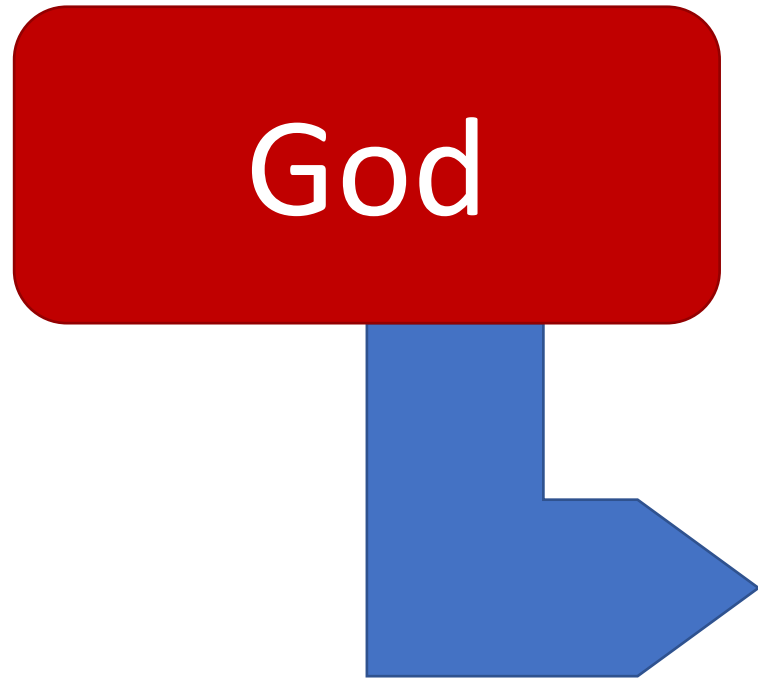
# Identity Crisis: Who am I?



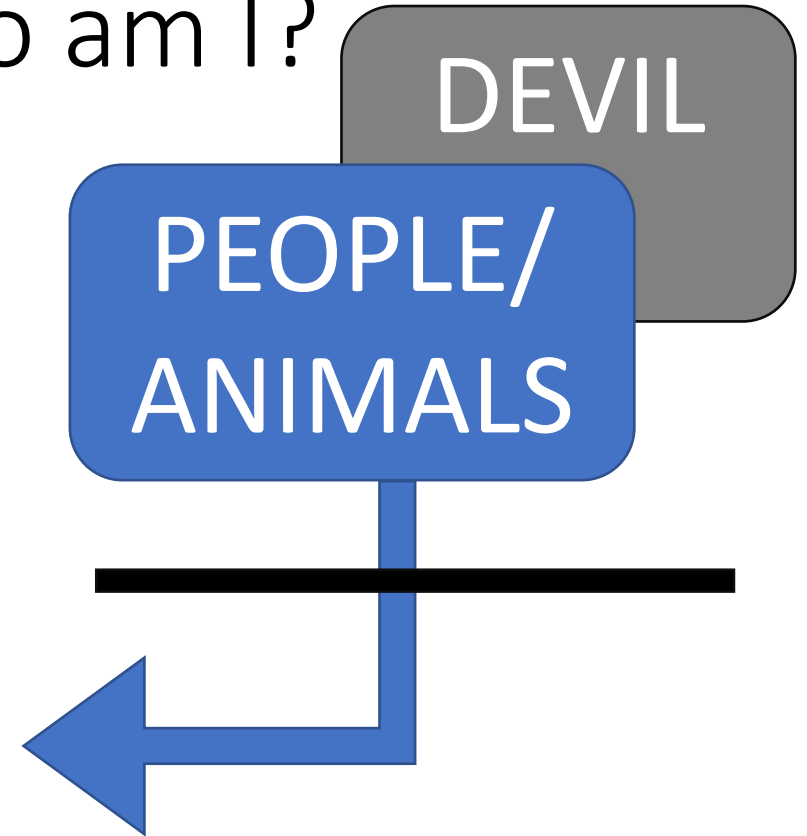
# Identity Crisis: Who am I?



# Identity Crisis: Who am I?



TAKE/TRUST/  
DEPENDENCY



# The Christian walk



# Our alarm system



- Depressed?
- Anxious?
- Stressed?
- Angry?
- In conflict?
- Sick?

# LOVE – fulfilling the Law

Charity **suffereth long**, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is **not easily provoked**, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, **endureth all things**. Charity never faileth.



# LOVE – fulfilling the Law

Michala **suffereth long**, and is kind; Michala envieth not; Michala vaunteth not herself, is not puffed up, Doth not behave herself unseemly, seeketh not her own, is **not easily provoked**, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, **endureth all things**. Michala never faileth.

# Practical take-home

- Sometimes we cannot do anything – like with panic attacks
- Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms. EW
- Let your heart and mind be at rest like a tired child in the arms of its mother. His everlasting arms are beneath you. In all your afflictions, Jesus is afflicted. EW

# Practical take-home

- Our first work is to make God our friend.
- Evaluate! Everyday: what happened yesterday – where did I try to play God?
- If you cannot do anything today, do not become discouraged. Encourage yourself: It will be better tomorrow. ‘As one drop of rain prepares the way for another in moistening the earth, so one good thought prepares the way for another.’ EW.
- Keep the purpose before you: It is in the water, we learn to swim. EW.