

Depression stalks us

By Bill Pugh



At the moment it's like some dread disease permeating the world. It is no respecter of persons. Who would have ever thought that the educated class would suffer, but doctors, nurses, teachers, lawyers and engineers are not immune.

True, we have psychiatrists, psychologists and counsellors, with special skills to help the afflicted, but why is this problem cosmic, destroying lives? Thank God for the skilled health workers who confront this problem.

But maybe there are things we can do to alleviate the problem before it needs professional treatment. The Bible lists six days for labour and work. The seventh is the time to switch off. A day for rest, recreation and spiritual refreshment.

It's not like any other day. The stress is there still. We can't switch off and relax. Blood pressure rises. Let's try another tack. Let's consider nature. The seasons change to deal with the moods of nature. There are messages for us in many forms.

Nature's diary has messages in the natural world to change our moods. The movement of the sun, the patterns of the clouds, and the plants and trees speak to us. Observe the sky after rain, the scudding clouds racing across the sky. And the sun peeps through and lightens the day.

We need to walk with nature to see how it works, controlling its moods and adapting to changes.

The psychology of nature is at work dealing with the moods and swings of the created world, and we have worked against it.

Maybe it's time to open our eyes and listen with our ears and learn and work with nature.

We could do much to ease the load of the professionals if we listened and worked with the natural world. And our health would be in good hands. Walking with friends is a way to share and celebrate the gift of life. Paul advised us to put things in a special order when dealing with depression.

Reflection:

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God which passes all understanding will guard your hearts and minds in Christ Jesus."

Philippians 4:6,7