

“...God comforts the depressed...”

God loves you and He cares far more than most people ever imagine. Unfortunately, many today think God and His word are merely a set of overly strict parental rules that steal our joy and overwhelm us with guilt.

Interestingly enough, most counselors have gotten one thing right, “Man’s big problem is guilt.” They then try to alleviate that guilt by telling us either a) “What you are doing is not wrong, so quit feeling guilty,” or b) Don’t worry, it’s not your fault, so stop feeling guilty.” Neither of those supposed “cures” actually works, so those who try that advice seldom improve in their joy or peace. Why? Because simply re-defining right and wrong has never actually improved the lot of man. In fact, the opposite is true.

Paul, by God’s inspiration, wrote of God’s comfort in 2 Corinthians 7:5-7:

5 For even when we came into Macedonia our flesh had no rest, but we were afflicted on every side: conflicts without, fears within. 6 But God, who comforts the depressed, comforted us by the coming of Titus; 7 and not only by his coming, but also by the comfort with which he was comforted in you, as he reported to us your longing, your mourning, your zeal for me; so that I rejoiced even more.

God works in many ways, but one of those ways is that He, through His divine providence, sends others into our lives that comfort us in times of depression, sorrow, and grief. If we, as His children, are “waking in the light” (1 John 1:7) then we should be willing to allow God to use us as He did Titus, to comfort others. God is calling us to be open to help when we have problems (whether it is sin or other challenges - see Gal. 6:1 on helping others and Proverbs 12:15 on listening to wise counsel, “...a wise man listens to counsel.”)

Depression may come from circumstances outside of our control or it may come from poor choices we have made personally. In 2 Corinthians 7:5-7 the affliction was coming from situations outside of Paul’s control. Whichever the case, God is preciously concerned about our heads, our hearts and our spirits.

The message in 2 Corinthians 7:5-7, when understood and accepted, should lift our hearts and make a tremendous difference in our daily lives. “God comforts the depressed!” Write it on the tablet of your heart, write it in eyebrow pencil on your mirror (it really works, I’ve done it!). Put a sticky note on the inside of your front door, to be read every time you leave home. Put another one beside your recliner and perhaps another on your nightstand. **“GOD COMFORTS THE DEPRESSED.”** He cares. He’s involved. He loves you like you love your kids (but even more!).

119 times we read some form of the English word “comfort” in the scriptures (NASB). Maybe God is telling you something. Are you listening?

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