

nursing.

The patriarch Job in the Bible is another person who wanted to die more than anything else. Just as Florence Nightingale came out of her night and found ways to help others in physical distress, so too Job lived through his grief. His example has helped many turn in faith to God in their darkest hour.

What about you? Maybe this article has reached you at a time when you'd just as soon not go on living. Because you are a believer in Christ, you feel even more despondent. You wonder how a Christian can have such dark thoughts of hopelessness and death.

Don't give up! Coming to the end of yourself may be just what you need. It forces you to turn to Christ for the courage to keep on going and for a good reason to keep on living.

You may never turn out to be a Florence Nightingale. But you can do something to ease human suffering and help your fellowman. Decide now to start over. God often uses what seems to be the end of it all to initiate a new beginning. --MD

REFLECTION

- Have I been having dark, thoughts lately? Do I feel like ending it all? Whom can I talk to about my feelings?
- Who in my church could use my help right now? In what ways am I willing to reach out to that person?

When you come to the end of yourself, begin with Jesus.



Central Mountains Baptist Church

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Beginning From the End

At age 30 she was ready to give up. She wrote in her diary, "My God, what will become of me? I have no desire but to die. There is not a night that I do not lie on my bed wishing I could leave it no more. Unconsciousness is all I desire."

But the dark clouds gave way to light, and in time she discovered a new purpose for living. When she did die at the age of 90, she had left her mark on history. Some believe she and those who introduced antiseptics and chloroform to medicine did the most to relieve human suffering in the entire 19th century. Her name? Florence Nightingale, founder of modern





2 Peter: Overcoming Error The Value of the Word III

In 2 Peter 1:12-21 Peter, returning to the subject of truth, gives us four more reasons to value the Word of God:

[last time]

1. The Word is valuable because it reminds us of truth, verses 5-15
2. The Word is valuable because it records eyewitness evidence, verses 16-18
3. The Word is valuable because it speaks to our deepest needs, verses 19-21

(Isaiah 53:3-4) "He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. {4} Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted."

(Luke 19:41) "Now as He drew near, He saw the city and wept over it,"

(John 11:35) "Jesus wept."

(Psalms 32:3) "When I kept silent, my bones grew old Through my groaning all the day long."

(Psalms 38:8) "I am feeble and severely broken; I groan because of the turmoil of my heart."

(Psalms 42:3-7) "My tears have been my food day and night, While they continually say to me, "Where is your God?" {4} When I remember these things, I pour out my soul within me. ... {5} Why are you cast down, O my soul? And why are you disquieted within me? ..." ...{7} .. All Your waves and billows have gone over me."

(Job 3:24-26) "For my sighing comes before I eat, And my groanings pour out like water. {25} For the thing I greatly feared has come upon me, And what I dreaded has happened to me. {26} I am not at ease, nor am I quiet; I have no rest, for trouble comes."

(Proverbs 12:25) "Anxiety in the heart of man causes depression, But a good word makes it glad."

(1 Corinthians 10:13) "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

For example, the Scriptures are able to help and heal _____ for two very good reasons:

1. Because the Bible deals with the _____,

(Proverbs 4:23) "Keep your heart with all diligence, For out of it spring the issues of life."

(Luke 6:45) ""A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his



mouth speaks."

(Hebrews 4:12) "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart."

(Deuteronomy 6:5) ""You shall love the LORD your God with all your heart, with all your soul, and with all your strength."



(Jeremiah 17:5-8) "Thus says the LORD: "Cursed is the man who trusts in man And makes flesh his strength, Whose heart departs from the LORD."... {7} ""Blessed is the man who trusts in the LORD, And whose hope is the LORD. {8} For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit."

(2 Kings 17:36) ""but the LORD, who brought you up from the land of Egypt with great power and an outstretched arm, Him you shall fear, Him you shall worship, and to Him you shall offer sacrifice."

(James 1:2-4) "My brethren, count it all joy when you fall into various trials, {3} knowing that the testing of your faith produces patience. {4} But let patience have its perfect work, that you may be perfect and complete, lacking nothing."

(Psalms 42:5) "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance."

(1 Thessalonians 4:18) "Therefore comfort one another with these words."

2. Because the Bible helps and heals the associates of



(1 John 1:9) "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

(John 8:32) ""And you shall know the truth, and the truth shall make you free.""

(John 8:36) ""Therefore if the Son makes you free, you shall be free indeed."

(Proverbs 28:13) "He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy."

(Hebrews 1:3) ".. He .. by Himself purged our sins, ..,"

(John 19:30) ".. "It is finished!" ..."

For more help you might like to read the book, "Depression, Looking up from a Stubborn Darkness"