

Depressed?

14 year old Diane hadn't been to school for two weeks. The guidance counselor said, "Come on. We're going to Diane's home. This has gone on for too long!". Diane was pretty, but she was tough. She was on the boy's soccer team and was good. She was in my classroom because she had stopped doing her school work and was always getting into fights: knock-down and drag out fights.

We banged on the door- nothing. Melanie said, "We're not leaving until she answers the door. We banged and banged. Finally a pajama clad, disheveled Diane opened the door. Melanie invited us inside.

After a little coaxing the story came out. Diane had a hard time getting up in the morning. She had been abused by an uncle until the age of 12 at which time she fought back and said, "I'll kill you if you don't leave me alone." Her mother knew and did nothing. Diane was filled with guilt. A little cousin was now being abused.

We convinced Diane that she must go to the police. We must report it. I was humbled. How did Diane come to school at all? I spent the next six hours with Diane at the police station. I wish the uncle was punished, but that is not the case. Diane joined our girls group. We tried to help her see that she was not ruined, but better. She would be a better mother because of things she knew and had experience. She would listen to her children. She would work to keep her children safe.

Read: Psalm 37

"Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb. Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. Rest in the Lord, and wait patiently for him; fret not thy-self because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. Cease from anger, and forsake wrath; fret not thyself in any wise to do evil. For evildoers shall be cut off, but those that wait upon the Lord, they shall inherit the earth..... But the salvation of the righteous is of the Lord: he is their strength in the time of trouble. And the Lord shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him."

"In this time of trial we need to be encouraged and comforted by one another. The temptations of Satan are greater now than ever before, for he knows that his time is short and that very soon every case will be decided, either for life or for death. It is no time now to sink down beneath discouragement and trial; we must bear up under all our afflictions and trust wholly in the Almighty God of Jacob. The Lord has shown me that His grace is sufficient for all our trials; and although they are greater than ever before, yet if we trust wholly in God, we can overcome every temptation and through His grace come off victorious." *Early Writing*, By Ellen G. White, p. 46

Please seek professional help if you are enduring any prolonged sadness or anxiety.