

Overcome by Melancholy

by Mary Wilder Tileston

When feeling overwhelmed by melancholy, commit your way to God and do something kind for someone else to find peace and comfort.

Scripture: Psalm 59:16, Proverbs 16:3, Romans 15:13, Philippians 4:6, 1 Peter 5:7

Topics: "Spiritual Warfare", "Emotional Healing"

Description

Mary Wilder Tileston emphasizes the importance of finding refuge and defense in God during times of trouble, encouraging believers to commit their ways to Him and cast their cares upon Him. She highlights the power of doing acts of kindness to combat melancholy and advises against giving in to depression, urging listeners to bear discomforts with bravery and surrender to the Lord. Tileston warns against being subdued by melancholy, stating that it can hinder one's path to holiness, and emphasizes that joy and peace from the love of God are essential for perseverance in the Christian journey.

Transcript

Thou hast been my defense and refuge in the day of my trouble.

PSALMS 59:16

COMMIT thy way to God,

The weight which makes thee faint;

Worlds are to Him no load,

To Him breathe thy complaint.

Up! up! the day is breaking,

Say to thy cares, good-night!

Thy troubles from thee shaking,

Like dreams in day's fresh light.

PAUL GERHARDT

WHEN you find yourself, as I dare say you sometimes do, overpowered as it were by melancholy, the best way is to go out, and do something kind to somebody or other.

JOHN BLE

Do not give way to depression,--but resign yourself to our dear Lord with the object of bearing bravely the discomforts and petty contradictions of this life.

CHARLES DE CONDREN

Never suffer yourself to be subdued by melancholy; it is amongst the things that will most injure you. It is impossible to persevere in the path of holiness, if we give not ourselves to it with joy. The love of God should impart peace to the soul.

MADAME DE GUYON

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