

Sonshine Anyone?

I am (in part) writing this to myself, as well as to others who might be struggling with winter depression. Being a Californian newly transplanted to MN, this is only my second winter experience. I must say that my attitude changed greatly from my first winter.

In anticipation of my first winter, I told my husband I wanted to "embrace" it, and asked him to get me my own snow blower! I had great fun plowing out the driveway. The snow was so beautiful and pristine. I now hung cute "bunny" snow suits in my closet. I watched how the sun's reflection on the snow glistened like little flaked diamonds. Winter was great, kind of like vacationing at a ski resort!

My second winter started a bit earlier than the last, but all was well. It started snowing and I settled in for another beautiful winter. It snowed, I plowed... it snowed, I plowed...my - it was getting bitter cold. Then there was the ice, and "hey, where did the sun go?" I don't have to tell you how long the winter lasted and the sun all but disappeared for months. Now, instead of feeling refreshed and invigorated by snow blowing, it was feeling more like work. Now when I looked at the snow blower, I was about ready to put a bomb under it and blow it to pieces! ☺

It didn't take long to figure out how much I need the sun! I don't mind the cold, but I had never been without the sun before. I was beginning to get depressed and as I talked to others, they were feeling the same way. It was like I was being drawn into a mental pit. I was de-motivated and unable to complete my winter projects.

If it wasn't for my daily time with the Lord, I would have felt much worse! This experience reminded me of Job. He endured so many trials and he did so without the support of his friends and family. In fact they rejected him and told him to turn away from God. (Thank goodness I didn't have to endure that.) Even though Job didn't understand what he was going through, he learned to trust in the God who is good and not in the goodness of life. He never gave up and he never gave in..

I hope that none of us have to go through another winter like this last one. But, if we do, I hope we will guard our minds and hearts by looking up out of our pit and turning to the light of life - the Sonshine!

Job 33:28-30 He redeemed my soul from going down to the pit and I will live to enjoy the light. God does all these things to a man - twice, even three times - to turn back his soul from the pit, that the light of life may shine on him.

Heavenly Father, I feel so helpless when I consider that there is nothing I can do to effect a change in the MN winters and the lack of sunshine. I pray for others who also found themselves depressed. Like Job, may we be drawn even closer to you. Lift us out of the pit and into the light of life. Shine your love and grace on us. In Jesus Name, Amen

Submitted by Sherry Westland 4/21/08