

10-30-14 Depression--Follow up

Homework was to work on complaining...changing it to a statement and what can I do about it AND Conference talk about 6 things....

Class member: The whole "T" (the Lord's side and Satan's side) you drew and the complaining. I went home and had some downtime and looked at Facebook and started complaining about someone's post. I talked outloud...Why are complaining and what can I do? I am on Satan's side right now and I need to change. I chose to be on Satan's side on purpose some of the time. In the Conference talk says, "acknowledge and face your weaknesses, but don't be immobilized by it." Complaining is what I do a lot.

Did you feel empowered?

Class member: Yes. Satan isn't going to win this. My answer was to stop getting on Facebook and stop reading some people's posts. Instead of yelling at my kids I went to my room.

That recognition gives you power. Before you just thought that is what it was.

Class member: The big thing for me was the talk you had us read. Take responsibility for... It's up to me if I'm at my spiritual high. I am being more accountable for my own actions instead of blaming not getting enough sleep. I'm in charge.

Class member: I have an 11 yr old boy. He is very slow at putting his socks and shoes on. I get myself dressed and always in his room getting him up. He is so slow in the morning he is going to drive others crazy. I explained the "T". I asked him what I could do. He said maybe I need a timer. We had done it before, but this time it was his choice. This morning it worked!

Class member: I did your balloon trick for FHE. I had everyone write on the balloon what were the priorities for each day. I told them if the balloon hit the ground they couldn't pick it up. Then Dad has to do it. He had a lot of balloons. How did you feel doing all of that? One or two worked, but after that they physically felt the difference. Then we tried to keep them all up as a family. We were able to do it. We went one by one which was most important for them this week. They identified how we could help that person accomplish that goal. My kids got up on their own. They made their beds on their own. Everyone pitched in and did my injured son's jobs but he had to read to one of the other kids for their homework.

Class member: I have been working a lot on this controlling your thoughts...not making yourself feel crumby by telling you things about you. I have control over those thoughts. I am choosing to think those thoughts. I have learned that the quickest way to get those thoughts gone is to do a physical action.

The thoughts will come. It's what we do with them. Are we going to entertain them? Exactly right. Don't feel like you are a bad person if you have those thoughts. Satan will help you think those thoughts. It's what you do with them.

Class member: Look at your spiritual gifts and your friends and see what you can do to help someone else with your own spiritual gifts. I prayed for that in the morning. I'm really good at organizing. My friend's husband passed away. I gave her a call and said can I come and help you organize your house. I went over there and just helped sift through things. I felt good that I can help her because she's not an organized person. I have several friends that run in home daycares. I'm pretty free. I went and took them a soda and just hung out and visited. It lifted them.

President Eyring gave a talk...if you pray in the morning about who you want to help the spirit will show you.

Class member: It was about my husband's discouragement. He suffers with depression. He asked me for a specific affirmation that I didn't feel like he was worthy of at that moment. I took a minute to analyze it. I realized that some of the things I was thinking weren't fair. I did the "Lord's side" thing. I can think about this in a different way and give him the affirmation he needs.

That is difficult. Awesome!

Class member: I am very discouraged. I was divorced and remarried last year. I am remarried to a man that I never thought I would ever have who is perfect for me. The Lord blessed me with him. I have a 13 yr old daughter who is daily doing things to write things down for her dad so her Dad can take it back to court. I have a little spy in my home. I see her with more Christlike eyes than I have in a long time. I am having a hard time loving her. Her Dad sweeps in and saves her. This week I am choosing not to be on Satan's side. I went to her at the end of the night. I went to her and told her that I loved her and everything I do is for her. I pray to love her everyday. Some days is harder than I think it should be. "He did it for everyone all the time." She lies and it hurts.

That is really, really hard. When you look at the opposite side we look at how difficult the pain is right now, but what happens to you if you keep storing that and don't forgive her. What happens to your soul when you store it? Your soul gets eaten away. This is why we turn it over to the Lord, because of what it does to us. It isn't to say "It's not fair! You don't deserve to be forgiven." It's the damage it does to your own soul.

Class member: Mother Theresa...forgive them, be kind. In the end it is between me and Heavenly Father not between the other person.

The hard part is when you are square with the Lord everything will be right, but it might not be in this life. Sometimes in our minds we want it taken care of now.

Class member: I actually came this semester to work on myself. I used a lot the Lord's side and Satan's side. It's been wonderful because I feel more at peace. Because I'm more at peace my children and our home is more at peace. Yesterday the BYU Alumni magazine came. Sheri Dew did the main article and it is about "Grace". She talks about person experiences. "What one thing would you be willing to give up starting today to put the Savior more at the center of your life."

That's wonderful.

Class member: One of the things that he talked about in his talk is about not becoming immobilized by our weaknesses. It's about a garden. The grandma would meet them in the driveway. She was wearing a mumu. She had them look at the flowers and vegetables. She would quietly pick up the weeds and put them in her pockets. She didn't focus on the weakness. I am focusing on my strengths.