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# Newsletter

Cathy Strachan, guest-editor

[editor@adelphicare.org](mailto:editor@adelphicare.org)

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[adelphicare.org](http://adelphicare.org)

God-centred care  
for everyone



This month, Cathy has provided two readings and one personal story for us. We all deal with difficult people, but maybe sometimes **we ourselves are difficult**. Much food for thought in this article. And many of us have occasional spiritual depression. In her second article, Cathy describes this aspect of our life and suggests ways of understanding it and coping with it. The third article is a personal story by Char Hayfield (South Africa) in which she describes how **God 'grows' us** through the trials of our life.

## Dealing with difficult people

We know that “**People judge by outward appearance, but the Lord looks at the heart.**” (1 Sam 16:7) and that God and Jesus do “**not judge by what he sees with his eyes or decide by what he hears with his ears**” (Is 11:3). We are called to do the same. We don't know why someone behaves the way they do, or the background 'traumas' they have experienced. We have no idea what constitutes 'trauma' to them and why they display behaviour that we perceive as difficult. It also works the other way around: they may perceive **you** as being difficult.

We need to learn to cut each other some slack and be kind, gentle and respectful in our speech and responses, even if we think they are wrong or behaving badly.



So how do we go about dealing with difficulties in a Christ-like way?

... **Read more:**

<https://www.adelphicare.org/documents/086-difficult.pdf>

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## Spirituality and depression

We all feel sad, moody or low from time to time, but some people experience these feelings intensely, for

long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – **it's a serious condition** that has an impact on both physical and mental health. It affects how people think, feel and act and makes managing day-to-day life difficult. It also interferes with study, work and relationships and people lose interest or pleasure in most of their usual activities.

I have tended to think that because one of the fruits of the Spirit is JOY, that suffering with depression means I am not exhibiting this fruit of the Spirit, which means I feel even more of a failure and sad. It's important to remember that depression **is not a sign** of personal weakness, failure, or '**all in the mind**'. Each of us is unique and will respond differently when exposed to environmental, social or psychological triggers. To learn more about depression, and how it can affect our spiritual life and how we can gain comfort and help from the Scriptures on this issue, **read more:**

<https://www.adelphicare.org/documents/087-depression.pdf>

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## Char's story

You know when God is going to grow you? I know it happens periodically in my life and it's not always easy. Sometimes He really takes you to rock bottom. I think it's called rock bottom because if you feel like you are falling onto a rock slab and you know you're going to be sore and broken. I feel when I haven't had a spiritual growth spurt for a while, or I'm drifting away from my Father, I know my fall is going to be bad. I beg God not to make it too difficult, but it's only through great trials that we can grow greatly. James 1:2-4 “**Consider it pure joy, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.**”

Also, Paul in **Romans 5:3** says “... we also rejoice in our sufferings, because we know that suffering produces perseverance;” ... **Read more:**

<https://www.adelphicare.org/documents/088-char.pdf>

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## About care...

“Nobody cares how much you know, until they know how much you care.”

(Please note - you may need to cut and paste the URL links into a browser to access the documents.)