

The Exchanger

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Scaling the Blue Mountain

THE NEWSLETTER
OF
FELLOWSHIP
BIBLE CHURCH
WHITE ROCK

**The Mission of
FBCWR:**
*Connecting People to
God's Life-Changing
Power*

*We've Got
Connections!*

Let the peace
of Christ
rule
in your hearts.

Colossians 3:15

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There is an old song called "The Summer Time Blues". The song's hook is repeated throughout, "Sometimes I wonder what I'm gonna do. Cause there ain't no cure for the summertime blues". Ever wonder if there is a cure for your particular version? The blues come in many shades. The scriptures teach that escape from the blues depends on the source. We compiled a short list of famous biblical bouts of the blues and their cures.

"Bless Me Anyways Blues"

Cain's depression and its origins are described in Genesis 4:4-5, "And the LORD had regard for Abel and for his offering; but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell."

Certainly, Cain was more than blue, or in this case, green with envy. He was down because he was plotting the murder of Abel, a plan he soon completed.

The Cure: Though our jealousy hasn't plunged to Cain's level, we should "rejoice with those who rejoice and mourn with those who mourn" (Romans 12:5). Other's blessings or trials should be met with the emotion God recommends.

"I'm All Alone Blues"

In 1 Kings 18, Elijah the prophet entered into a major funk after being threatened by the evil Queen Jezebel. He con-

cluded he was the only one left who had remained faithful to God and not bowed to the false god Baal. God told him he was only 7000 off in his counting of the faithful. Wow, what a disconnect between perception and reality. How does this happen to a godly person?

The Cure: Our emotions and fears are unreliable sources of truth. The lesson is to give them a lot less weight by focusing on God's character, promises and power.

"Out of Prison Blues"

Our blues medley would not be complete without a good prison song, which John the Baptist provides in Matthew 11:2-3 - "Now when John, while imprisoned, heard of the works of Christ, he sent word by his disciples and said to Him, 'Are You the Expected One, or shall we look for someone else?'" At first glance his question appears

innocent, but I don't think John doubted Jesus' power, just his judgment. He was trying to prod Jesus into springing him from the slammer. This interpretation is verified by Jesus' response: "Blessed is he who does not stumble over me".

The Cure: Watch over your expectations. Jesus never promised freedom from trials, just freedom in the midst of trials.

This summer discover in God's Word, the cure for, and the prevention of—the blues.

-Joe Fornear

