

I wrote this letter in 2007.

To my preacher friend. I have received your request for a copy of my book "Depression Defeated."  
I understand what you are going through. The minister has trials that other people don't have. That is **because the minister has a burden for souls.**

I want you to take my book and mark in it. Underline the thoughts. Then on the inside of the front cover write the page number and the thought. For instance ~ p. 17 ignorance is Satan's secret weapon. ~ Later you can pick up the Book and go to the front cover to inspire yourself again. Inspiration heals depression.

You are needed in the kingdom. God has great plans for you and Satan wants to destroy you.  
All of living goes on in the mind and that is where Satan works. Therefore better thinking means better living. Better thinking is Bible thinking

Tomorrow is an open door for you. Forget the things that are behind and PRESS ON. Open your tomorrow for a new thought God wants to put in your mind. He will say: Let There Be Light and a new thought will turn on in your mind. When that happens grab it. It is like a baby. It will die quickly if you don't take care of it. I am praying for you. You have a great potential. **You are at a new beginning.** Go for it. I love you. Bro. Friend ~ ~ **Today he is doing a great work for God!**

**All living goes on in the mind.**

Depression is a product of the mind. All living goes on in the mind. You are doing it to yourself with wrong thoughts. Tell yourself ~ "I do not have to think this."

I have labored with **this one** because people don't like to be told they are doing it to themselves. But I have cured myself so many times with this truth that I will risk our friendship to **proclaim** it to you.

In earlier years I had a radio program called "**Better Thinking means Better Living.**" My slogan was **"Think About It!" Think Scripture. Live in Hope!**

I will never know it all. But I can **know what I know.** Some things ~ by experience ~ **I know!**  
There is no inspiration in depression. You must think the inspiration of the scripture. All scripture is given by inspiration. When you think inspiring thoughts you are building hope in God. You are doing this to yourself in the opposite way of depression. The choice is yours. Pay the price of patience and time will treat you good.

To be depressed because you are sick is no excuse. Yes I said that! I said that because you can live in hope when you are at your worst. I have been there and done that. Was it a piece of cake? No! I was in horrible pain. My left arm was cut open from my elbow to my wrist, My chest was cut open from my neck to my navel, my ribs had been pulled open to get to my heart. I had by-pass surgery. I was asleep when they did the hard part. I had to wake up to awareness that it had been done. I lived in hope. I would take pain medicine and check the time until I needed it again. I watched this in hope. First it was 30 minutes ~ then 45 minutes ~ then 1 hour ~ finally none! I lived in hope knowing that the ~no pain time~ was coming. I was rewarded for my faith in God.

Today I am inspired. I have more battles to fight but I am older and better equipped. I know and am persuaded. I know what to think and I know what not to think. That has been my big lesson. The biggest part of this lesson has been accepting the peace of the moment. At this moment God is all around me, therefore, I am at peace and will not fear. Call to remembrance the "Peace of the Moment."