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HOPE vs DEPRESSION

By Lane Ogden, Ph.D.

I have thought for some time that hope and depression were antithetical, that they cannot both exist in full measure at the same time. Indeed, one step, if not the first step, in combating depression is to instill or locate some sense of hope. Doing so seems to begin the process of canceling out the type of thinking that induces and perpetuates depression. I just don't think you can be hopeful and good and depressed concurrently.

Look up definitions of "hopeless" and you come up with some pretty nasty sounding terms. Despairing or desperate, bleak, beyond optimism, no chance of improvement or success, unable to be helped....these are the things you will find. Sound like the type of ideas and beliefs that go with depression?

Look up definitions of "hope" and you find some exciting and even inspiring terms. Belief in a positive outcome, idea that what is wanted can truly be had, the sense that events will turn out for the best....these are the things you will find. Sound like the type of ideas and beliefs that go with depression?

We know that life inevitably brings times of difficulty, of loss, of sorrow, and even of grief. Yet these do not always lead to depression, sadness perhaps, but not necessarily depression. What is the difference between being sad and being depressed? How might one go through sad times without these leading inevitably toward depression?

Hope. Hope makes the difference. Paul knew it and he wanted us to grab hold of the principle. I think hope is what allowed him to be persecuted, victimized, terrorized, and despised and never lose his focus, never lose his purpose, never lose his faith.

1 Thessalonians 4:13 says we need not grieve like "the rest of men, who have no hope." Adoption into God's family changes all outcomes, colors the meaning of all things in our lives toward the light and means there is no such thing as hopeless for us. In the darkest and most difficult times, holding "unswervingly to the hope we profess" (Heb. 10:23) is our secret weapon. It means there is always hope, there is

never hopelessness.

Remind yourself of this. "Encourage each other with these words."
(1Thessalonians 4:18).



Dr. Lane Ogden is a psychologist at the Richardson, Texas, clinic. He counsels adults with a wide variety of disorders and issues. Dr. Ogden began his career at Meier Clinics in January 1987. He is an active member in national, state, and local psychological associations, and he has been elected to serve as the President of the Texas Psychological Association in 2012.

How to be Called "The Friend of God" by God Himself

By Phil Swihart, Ph.D.

Most of us value friendships and think that we know what friendships are. A simple Webster's definition of a friend is being attached to another by affection or esteem. This seems to imply a "balanced" relationship between "equals," at least in some respects. If, however, we desire to be named by the Lord as His friend, such a definition is totally inadequate. We might imagine being a "friend" of the Queen of England, or a "friend" of Billy Graham, or a "friend" of the President, whoever that may beat the time, but quickly discover that such fantasies about friendships with other human beings who are famous, highly respected, or powerful, pale into complete insignificance when trying to contemplate being called a "friend" by THE Sovereign Creator, not just of our universe but of all universes which may exist, being called a "friend" by THE Sovereign Lord of all that ever was, of all that is, and of all that shall ever be. Obviously there is nothing "balanced" or "equal" about such a relationship. In fact, our God does not live and have His being in our plane of

Timberline Knolls Helps Repair, Rebuild, and Restore Health, One Meal at a Time

At Timberline Knolls Residential Treatment Center, a leader in treatment for anorexia nervosa, bulimia, compulsive overeating and binge eating disorders for women 12 and older, incorporating nutrition therapy into an individual's personal treatment program is not an option - it is critical to recovery success. This follows the position of the American Dietetic Association (ADA) which states that, "nutrition intervention, including nutritional counseling, by a registered dietitian is an essential component of the team treatment of patients with anorexia nervosa, bulimia nervosa, and other eating disorders during assessment and treatment across the continuum of care."

At Timberline Knolls, registered dietitians are skilled counselors who conduct a complete dietary evaluation in relationship to an individual's physical needs and act as a bridge from the unknown to a new education about what food and drink must be to physically meet the body's needs. During treatment, residents are given personal meal plans, designed to repair, rebuild and restore a resident back to health. Registered Dietitians work with residents to come to an honest

time/space existence, thus, the idea of being called His "friend," when given much thought at all, regardless of one's level of creative intelligence, is clearly beyond our capacity to encapsulate within our finite ability to understand.

The question then stands. Is it possible to be a friend of God? God has answered "yes." When asked to give examples from His Holy Word, considering all of the billions of people who have lived on earth until now, we find such crystal clear examples to be rare. We know that two individuals are described in Genesis as having "walked with God," which is assumed to mean that they had an intimate relationship with the Lord and that He thus considered them to be His "friends." Noah "walked with God" and a more mysterious person, Enoch, also walked with God "for 300 years." Now that is something to think about for a moment. Most of us find it difficult to truly and consistently walk with God for 300 days, sometimes for 300 minutes, let alone 300 years. There is one person who God named as His friend, using that term in a precise and unambiguous manner. God, speaking through the prophet Isaiah in Isaiah 41:8 (NIV), says, "But you, O Israel, my servant, Jacob, whom I have chosen, you descendants of Abraham My friend..." Also in the New Testament in James 2:21 (NIV) God says, "Was not our ancestor Abraham considered righteous for what he did when he offered his son Isaac on the altar?" Continuing in verse 23 (NAS), "And the Scripture was fulfilled which says 'And Abraham believed God, and it was reckoned (or credited) to him as righteousness,' and he was called the friend of God." God has thus in eloquent and elegant simplicity told us exactly what is required to be called His friend. We must believe Him and then we must consistently act in accord with that belief. Obviously

understanding of current food intake and emotional associations with foods - which is one of the most important steps in finding recovery.

"Normalizing nutrient intake is critical to allow recovery to occur," said Melissa Rocchi, MAAT, LCPC, ATR, Program Development Coordinator and Manager of Expressive Therapies at Timberline Knolls. "Without a minimum intake of calories and nutrients, making the simplest decision can prove difficult and this can impede recovery because the human body can't function properly."

Through a combination of meal support and planning, support groups and family involvements, Timberline Knolls' registered dietitians are able to work with residents to provide encouragement in order to begin on the path to recovery. This is nutrition therapy, where honesty and caring communication about eating develop into a safe environment for recovery from eating disorders.

Timberline Knolls Residential Treatment Center is located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery. Meier Clinics provides Christian counseling services for those residents who request it. For more information, visit www.timberlineknolls.com or call 877.257.9611.

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then, as illustrated by Abraham, being called a "friend of God" by Him involves not only choosing not to do what He has stated is a sin and told us that we are not to do, but at least as important, choosing to do what He, perhaps in a still, quiet voice, asks us to do, that we may otherwise ignore, rationalize away or be inclined to avoid doing for a host of wrong reasons, certainly including, but not limited to, unbelief, lack of trust, fear, and rebellion. The words of a familiar hymn come to mind: "Trust and obey, for there's no other way..." Jesus said in John 14:31(NIV), "I do exactly what my Father has commanded me." In John 14:15, "If you love me, you will obey what I command." And in John 15:14, "You are my friends if you do what I command."

I can assume there may be some who object to this conclusion. I would then note that this is not a discussion of our salvation, nor of God's love, nor of His mercy, forgiveness and grace. This discussion is not about God being our friend. It is about our being God's friend. These are completely different considerations and, as noted initially in the first few sentences of this column, absolutely not equivalent. Someone may say that this hinges far too much on Jewish fables in the Old Testament Hebrew Scriptures - tales about ancient people who may or may not have ever lived. I would point out that Jesus, God incarnate, repeatedly, in the New Testament, validated the authenticity, accuracy and authority of the Scriptures of the Old Testament, "the Law and the Prophets," as God's Holy Word.

Some may also say that since God loves everyone, that He is everyone's "friend," and, in a sense, everyone is His friend, therefore, this entire commentary is irrelevant. This not only fails to differentiate between God being our friend vs. being called God's friend by Him, but it simply is

PROGRAMS OPEN

We are pleased to offer hospital programs to those needing more intensive care than is available through our Outpatient or Day Treatment Programs. Please give us a call on our toll-free line at **888-7CLINIC** to speak with one of our Intake Specialists or log on to www.meierclinics.org for more information about these new programs located at

- University Behavioral Health, El Paso, Texas
- Cedar Hills Hospital, Portland, OR



The Price of Freedom

As we celebrate the birth of our country on July 4th, please take a moment to consider the cost of our freedom. Many who came before us and many citizens today have given of their time, their money, and even their lives so we can enjoy freedom and many advantages unparalleled by the majority of people around the world.

There is also a price for freedom from emotional pain and suffering, from addictions, and from broken relationships. The Meier Clinics staff are dedicated to helping people every day break the bonds that keep them in darkness and despair. Would you be willing to also help these people by giving financially and lifting them up in prayer?

Meier Clinics Foundation is a 501(c)(3) non-profit established to help those with financial needs receive Christian counseling care through one of our programs. Donations are

false, it is heresy. What is difficult to understand about God's Word on this, spoken through James 4:4 (NIV)?: "You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God." (and thus is certainly not His friend).

Let us be encouraged that our Lord does desire to call us "His friend." As required in the passage in James 4, let us definitively chose up sides. Rather than believing the lies of "the world," let us believe Him, trust Him, and, through the power of the Holy Spirit, obey Him and walk with Him.



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tax deductible within IRS regulations by:

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Online: www.meierclinics.org

Mail: MCF, 2100 Manchester Road, Suite 1510, Wheaton, IL 60187-4561

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**Wishing you and yours a
safe and enjoyable
Independence Day!**

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**"Even in darkness light dawns for the upright,
for the gracious and compassionate and righteous man.
Good will come to him who is generous and lends freely,
who conducts his affairs with justice.**

**Surely he will never be shaken;
a righteous man will be remembered forever."**

Psalm 112:4-6