



### Be Cautious of Well-Intentioned Friends

One of my favorite lines from comedian Gary Gulman, when sharing his struggles with anxiety, is how people growing up in the 70's didn't have the advantage of all the anti-anxiety and antidepressants they have today. He said there were basically two prescriptions back then: *"Snap out of it"*, and *"What do you have to be depressed about?"* Helpful, right?

None of us go through life without struggles. Some less and some WAY more. So, if you're looking for life to be fair, stop looking. Scripture quotes Jesus reminding all of us that, *"In this life, you will have problems."* (John 16:33) When troubles, problems and crisis reach our doorsteps we seek answers for and often get some really poor advice from well-intentioned friends, clergy and therapists: *it's a sin problem, you're paying for your parent's sins, spiritual warfare, you need to pray more, study your bible, get to church more often, get right with God, abuse isn't grounds for divorce* – seriously the bad advice list is endless. Even Job received poor advice from his wise friends. (Job 2:11-13)

The lesson to be learned here is to be wise and discerning when accepting advice.



### Your Steppingstone Journey Starts Here

Visualize yourself standing safely on a steppingstone inscribed with these words: **TODAY:**  
*This is the Day the Lord has Made (Ps. 118:24)*



Describe your steppingstone in detail (shape, size, what it's made of, how solid it feels – even down to the lettering on the inscription.)



Now visualize a bright warm light shining down, fully illuminating your steppingstone. You can make out only a faint outline of the next stone in front of you, but the light is shining brightly on your steppingstone. This is where you are TODAY. This is the moment you are in.

*Your word is like a lamp for my feet – a light on my path. (Psalm 119:105)*