

# The treatment

I received this story via e-mail, and it provoked many thoughts in my mind, so I thought I would like share it with you:

“A businessman once fell into depression, so he went to a psychiatrist for treatment. Neither treatment sessions nor medications were able to help him with his depression. During one of the sessions, the psychiatrist told him to go to the train station where there are many people and lend some help to anyone who may be in need of assistance. The man went to the station and found an old woman crying, so he approached her and asked about the reason of her distress. She told him that she was on her way to visit her daughter but she lost the address. The man started asking her about some of her friends and family members, and after several calls he managed to find the address. He offered to give her a ride so she accepted and thanked him. On the way, he bought her a bouquet of flowers so she can give it to her daughter. After they arrived at the destination, he stood and watched the emotional reunion between the mother and her daughter, while tears poured from his eyes. He left with joy in his heart and felt that his condition was much better than before.”

I have some notes on this story:

+ The Bible teaches us that *It is more joyful to give than to receive* (Acts 20:35). One of the most magnificent mysteries of life is hidden in this commandment; that is to break from the circle of selfishness and the love of oneself, which moves the Spirit within us, so joy permeates in the heart and saturates it with happiness. But if the person remains entrapped within his own self, becomes too sympathetic to himself, and indulges himself, becomes preoccupied with his outlook and pride, or immerses himself in pleasure and lust, then happiness would slip from his hands and flee from him like a mirage.

+ Christ once said, in a conversation with the Pharisees: *“But rather give alms of such things as you have; then indeed all things are clean to you.”* (Luke 11:41) The Lord Jesus may have meant that if we unjustly earn a portion of our income, even unknowingly, we would be purified from this unlawful money through giving. If we keep this unlawful money, it would cause us to lose God's blessing, weaken us spiritually, and bring us to destruction as it did to the people of Israel in the past (Joshua 7). And based on that, things become clearer because happiness is connected to blessing and blessing is connected to giving.

+ Saint Peter the Apostle guides us through the Holy Spirit in his first epistle, saying: *“He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit. Let him turn away from evil and do good; Let him seek peace and pursue it.”* (1 Peter 3: 10-11) This confirms that whoever likes to live happily and enjoy life, has to show his love in a positive way. He ought to do good, seek peace, and strive in making it, otherwise, the old proverb comes true in his case: *“He who lives selfishly, does not deserve to live.”*

+ One of the best advices offered to us by the Holy Spirit at the mouth of Saint Paul the Apostle, is what was stated in the epistle of the Galatians: *“Bear one another's burdens, and so fulfill the law of Christ”* (Galatians 6: 2) .. This is the law of Christ, or rather the attitude of Christ; that we carry each other's burdens, as Christ carried our yoke, and it was written about Him: *“He has borne our griefs, and carried our sorrows... He was wounded for our transgressions, He was bruised for our iniquities... He shall see the labor of His soul, and be satisfied... He shall justify many, for He shall bear their iniquities.”* (Isaiah 53: 4-11), *“For the joy that was set before Him endured the cross, despising the shame.”* (Hebrews 12: 2) As the Lord Jesus carried our burden, and He rejoiced in the fruits of His labor, i.e. the salvation of many, thus He invites us to be like Him and carry the burdens of others so that joy would outpour within us.

It is a fact that selfishness is the greatest source of depression and misery, while giving and serving others with love has the wonderful treatment that springs the fountains of joy within the heart.

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