October 6, 1997

Lamentations 3:41 "Let us lift up our hearts with our hands unto God in the Heavens."

Dear Friends of Christian Medical Foundation,

In the Book of Common Prayer, there is the plea made by the minister to the people, "Lift up your hearts." The reply is, "We lift them up unto the Lord." God is in the process always to be lifting up our hearts. In order to do so, we have to start the process. As we lift up our hearts beyond the level of our mind, we place the heart and therefore the spirit in a position superior to our mentality. This is extremely important for modern man who has tried quite unsuccessfully to use mental processes for the solving of his problems in contra-distinction to seeking the Lord with all of his heart and with all of his spirit.

In the practice of Medicine there are a multitude of medications that are utilized in order to quiet the mental nature of the human being in these our modern times which are so full of stress. Beyond the medications, tranquilizers, and mood altering drugs, there is also the use of alcoholic beverages and drugs which are more and more available to the battered human being such as marijuana, heroin, cocaine, and amphetamines. In addition modern man has sought hypnosis and self-hypnotic processes in order to achieve inner tranquility.

One of the most common problems that we see in our counseling activities is the problem of depression and as a consequence of depression there has been in young people as well as adults the increasing problem of suicide. In "Pilgrim's Progress" there was an area which was described as the slough of despond. It is quite surprising with all of the advantages which modern man has in his workplace and in the home, to find that there are so many people who are in the slough of despond. Jesus said, "If I be lifted up, I will draw all men unto me," (John 12:32). Often I have told my patients that they should lift up the Lord Jesus Christ in their thought processes and in their worship and praise. As they do this, they will be drawn out of their despondency and out of their depression.

"For with God Nothing Shall Be Impossible"—Luke 1:37
At our recent conference, Dr. Gideon Barnett, presented a patient of his who has had cancer of the pancreas. This patient stated that she simply believed God that she was going to get well and whenever she would get somewhat desponding she would go to the piano and play the piano and sing. She also read her Bible during her various treatments at the hospital and lived every day in an attitude of prayer and thanksgiving. As a result she has not died because of her affliction but the affliction has disappeared. We have found that in the midst of the praises of God's people and with the consequent rejoicing which occurs in the heart, there is also a consequent spirit of generosity. In Dicken's "Christmas Carol," Mr. Scrooge is described as a person who was extremely miserly and egocentric. However, after God dealt with him in strange and unusual ways, it is amazing to see the transformation in him. We find him to be full of laughter and generosity when he is delivered from the spirit of uncharitableness.

God does love for us to be what Scripture calls, a cheerful giver. Thus as this time, as President of Christian Medical Foundation, I would entreat those who receive this letter to lift up your hearts to praise the Lord in Spirit and in Truth to be lifted out of any despondency which may have tended to take root in you and to begin to rejoice, to be generous, not only toward Christian Medical Foundation but toward all Christian endeavors as we begin to approach the wonderful season ahead - the season of Thanksgiving and generosity.

Faithfully yours,

William Standish Reed, M.D.

P.S. Please be advised that the Christian Medical Foundation Center is in the process of being moved to a new location along the Hillsborough River near St. Joseph Hospital and near Charter Hospital. This is a beautiful location, a place of tranquility and beauty which God has provided. Our new address as of October 30, 1997 will be 730 W. Emma Street, using Post Office Box 152136, Tampa, Florida 33684-2136.