

17 December 2010: Melanie Evans, St Peter's Church

Don't be SAD

In the beginning, when God created the heavens and the earth, He created a planet which orbits the sun at a 23.5 degree tilt which gives us our seasons and varying lengths of daylight and darkness.

We are now in the autumn and winter where the longer hours of darkness cause disorder for people who suffer from SAD, or Seasonal Affective Disorder.

Symptoms such as depression, anxiety, loss of energy and sleep problems can be helped with the use of light treatment.

We have all heard the expression "sun seekers" and in reality we all seek after the light, preferring spring and summer.

There are similarities in our spiritual life. Spiritual darkness brings disorder into our lives when we turn our backs on God's son, Jesus Christ, who said I AM the light of the world".

We should all look for the light of Christ or we will all be SAD.