

**GREAT HUMAN EXAMPLE
OF
HOW TO AVOID DEPRESSION**

**Unavoidable
Circumstance**

As the result of a civil war in Mt. Elgon Uganda, between 2010-2012, Unknown numbers of children witnessed the death of their parents.

This poem was sent to one 14-year-old young man who witnessed this horror.

Unfolding the Rosebud

It is only a tiny rosebud, a flower of God's design
but

I cannot unfold the pedals
with these clumsy hands of mine.

The secret of unfolding flowers
is not known to such as I.
God opens this flower so sweetly,
when
In my hands they fade and die.

If I cannot unfold a rosebud,
this flower of God's design,



then how can I think I have wisdom
to unfold this life of mine?

So I'll trust in Him for His leading
each moment of every day.
I will look to Him for His guidance
each step of the pilgrim way.

The pathway that lies before me,
only our heavenly Father knows.
I'll trust Him to unfold the moments,
just as He unfolds the rose.

(Author Unknown)

**Positive
Approach
Avoiding
Depression**

His
Response

*Thank you
for my
"Unfolded
Rosebud"
because it is
a sign of
love to me
and to God.
It will guide
me in each
step I move
because the
pathway
lies in our
Heavenly
Father.*

*Thank you
very much
for the love
and care
you are
giving me
through the
flower."*

Tremendous
Wisdom
from "
the mouth of
a babe".

By following
His Path,
depression
will be
avoided.

**Onward
as we move
Outward with God's Love**