

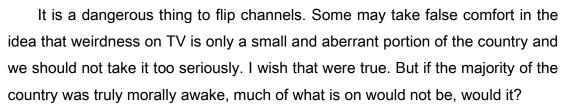
INSIDE THIS ISSUE: Out of 1,2 **Self-focus** True Rest Closing **Thoughts**







Oh God, You are my God, earnestly will I seek You, my soul thirsts for You, my flesh longs for You in a dry and weary land... I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied. Psalm 63:1,4,5



Mary and I don't watch TV very much for obvious reasons. Recently though, for several days in a row both of us happened to be at the right (wrong?) place to notice a disturbing trend on several TV shows: one focusing on selfdissatisfaction. These segments were dealing with who you wish you could be and/or what time period in your life you wish you could return to. One show was an interview with three people, who each had no less than forty plastic surgeries. One was a man in his mid twenties who wanted to look like Justin Bieber. The

female of the group had horribly deformed herself with breast implants, and the other man was seeking his fiftieth alteration of both face and body in order to look like a Ken doll. The unquenchable thirst in these three souls can never be satisfied. Trying to put on the person you are not, is an unending frustration borne in hell. It is a gift from God to be content with yourself.

At this time we are facing a very dangerous period in our history: Obama, Ebola, ISIS, racial tension, the ensconcing of sodomy, the collapse of the dollar, the rise of the Caliphate, to name only some. A believer in Jesus is martyred every five minutes somewhere on the planet. Jews are being driven from areas they have lived peacefully for generations. The earth is groaning and there are signs in the sky.

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And in the face of these realities how many of us are still taken up with our looks, our carnal desires, our face, our body, our status, our...our... I am aware of it in myself. It is a poison we float around in; an atmosphere that we breathe. It asks us to constantly examine ourselves, spend energy pampering ourselves. What a contrast to the verse above! The Psalmist crying out to know and be intimate with God, finding full and complete satisfaction with Him even in a dry land where there is no water. It seems often though not always, that those of us least endowed with worldly position or glamour find the greatest fulfillment in knowing and simply loving Jesus.

My contemplation of this narcissistic epidemic was thankfully brought to a close by an unexpected conversation with an old friend last night, one of the godliest men Mary and I know. He is a man who has had very few advantages in life, and has suffered more than most folks I know. He grew up in deprivation, abuse, and sorrow, while carrying a life long burden of mental illness. His aging body is slowing down with the complaints that brings, plus added battles. But he closed our conversation with these words. I am quoting because they are so fresh to me. Clay, I wouldn't trade places with anyone on earth. I am so blessed. Many would look at me and say "He is cursed by God" but they just don't know. Everything I have lost, all I have suffered, has only served to draw me closer to Jesus. And now as I come closer to the end of this life, I am so full of Him, and have so much to be thankful for, and so much more to look forward to.

Self acceptance: we have more on that subject in our recorded library than any other psychological topic. Why? Because it has always been the hardest subject for folks to grasp. So we keep on trying to find new ways to say it. But my friend quoted above, has summed it up perfectly. When you are bankrupt emotionally, spiritually, and socially, in a dry weary land where there is no water, maybe then it is easiest to come to self acceptance. Embrace your lack as a means of gaining the true riches. Discard your old self in order to become your true self. Forget yourself, and declare with the Psalmist, "My soul shall be satisfied in God alone. I will lift up my hands in Your Name."

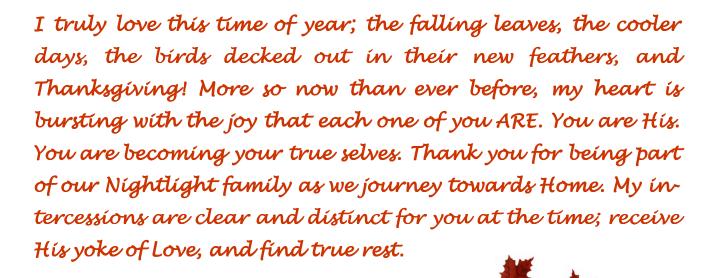




A word from Mary...









all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me,

for I am gentle and humble in heart,

and you will find rest for your souls.

For my yoke is easy and my burden is light.

Matthew 11:28-30



Closing Thoughts...

It is not good to dwell on the overwhelming issues of this present darkness. Only look at what the Holy Spirit places before you. Don't seek out things that are too big for you. (Psalm 131). I'm one to talk! I give you a list of the worst and then tell you not to look at it. What I mean is, yes, see things as they are, but don't dwell on that. Look up above it all. There, seated in Heaven is the One who has already settled every issue, who is NOW ruling and reigning as King of all kings. The nations will rage. The demons will scheme. And foolish mankind will rebel, but it is all working towards a final conclusion in which rage is settled, evil is destroyed, and rebellion is drowned as the earth is filled with the knowledge of the glory of the Lord as the waters cover the sea. (Habakkuk 2:14; Isaiah 11:9)

With thanks for each one of you, Clay & Mary











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