



And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

**Isaiah 58:12**

**Helping churches fulfill the great commission in the lives of shattered people.**

## Praise

I want to praise the Lord for keeping my wife and daughter from being greatly injured in an auto accident. On Saturday, March 15, my wife and daughter were hit by a drunk driver. The car was totaled, but they were only roughed up through the incident. Although losing this car will be a great hardship for us, we thank the Lord for the trial and the faith to endure through it. We learned a long time ago to thank the Lord for the good and the bad. By being thankful, we keep from becoming anxious. (Phil. 4:6)



Besides the above news, this last month was a fantastic one for us. The Lord blessed as we were in a different church each week and saw great results. After one service, the pastor informed his people that he was going to have us back for an **Issues of the Heart** conference. Praise the Lord!

What amazes me is how many people in the church are still hurting. Although Jesus has saved us from the penalty and power of sin, we still live in sin's presence and with sin comes sorrow. A few times this last month, we heard horrendous personal testimonies about sexual abuse come from adults who still struggle with the hurt and pain. If these people that I met are hurting from sin that has taken place 20 and 30 years ago, how many more young people are experiencing this hurt today? If the hurt is not dealt with, it will turn into anger and bitterness. Our burden is to help those that the Lord brings our way as we travel on deputation until the Rapha House is established. The sooner the better.

We are thankful that the Lord led two pastors to invite us to help and minister to specific families in their churches. With the one family, I spent a total of nearly seven hours. In the end, family members dealt with their problems in a Biblical manner. Hearts were broken, tears shed and the family was mended. The other family was much easier to deal with. There were problems, but they were just surface issues. It wasn't until I had the family together that the Holy Spirit revealed the root

problem. About a week or so later, I received an email from the young person in that family. She rejoiced at how things had worked out and thanked me for taking the time to help. Praise God! And Praise God! Two young people rescued!

Another fantastic blessing is that the Lord has provided us with a 5 to 1 CD/DVD duplicator. This is an answer to prayer. Since Aug. 28, 2007, people have purchased 1,125 sermons. Where it used to take me literally hours to duplicate much needed messages for the display table, it will now take around one hour. Praise the Lord!

## Prayer

- **Apple Laptop Computer** – This is a much needed item. The current computer that I use is an old unit and it has been causing me problems. One major concern is that it keeps blinking on and off. Something is going to go. An older unit such as a G4 iBook with a 1.2 GHz processor with about 1G of RAM will meet my needs. The cost is around \$500.00.
- Pray for the Lord to continue to use us as we present our work each week and in the upcoming **“Issues of the Heart”** conference at Turbotville Independent Baptist Church in Turbotville, PA: March 28-30.
- Continue to pray for our safety as we travel.
- Monthly support for Rapha House.
- **Building money.** This is always a need and will continue to be.
- Please pray for us to get medical insurance. Due to some complications that arose from Marybeth's open heart surgery as a baby, in 2006, she had a pacemaker put in. She needs a monthly checkup and has not had one since we went on full-time deputation in June of 2007.
- Please pray for the completion of my book on depression. I am currently on chapter four and am anxious to get it to the printer and into the hands of Christian workers.
- **Another car** to replace the one that was totaled.

Thank you for your prayers and support.

The Fusco Family

## Depression (part 9)

If you were to listen to the media or modern science, you would think that the medical field is experiencing great success with treating depression. How many of us have seen the commercial displaying the two neurons firing and the discharging and reuptake of the neurotransmitters? The medical model states that a person is experiencing depression because of incorrect levels of neurotransmitters. Their solution is medication. However, countless numbers of people have fed into this philosophy and have not gained the success that they were seeking. Medication may produce the desired results, but they are usually short lived. The problem is that doctors usually end up chasing after or seeking the "dream prescription" and most often don't find it. The vicious cycle is that a person is depressed, medication is prescribed and the person may seem to experience freedom from the depression because of their altered state of mind, the individual adjusts to their different functioning in the mind and their depression returns. They return to their doctor, whose solution is to "adjust the levels" of medication and again, freedom to some degree is experienced and the cycle continues.

Some may ask, "What if I am working with an individual who is already on medication? What should I do? It is important to remember that you may feel confident in providing Biblical counsel to individuals, but you are not a physician. Instructing individuals to stop taking medication may have drastic ramifications. For some medications, increased suicidal thoughts and behaviors may be the results. You cannot afford to jeopardize a person's life or your ministry. I have found that as a counselor, I should focus on the person's problems and aid them in implementing biblical solutions to those problems. As the person begins to experience victory over depression by dealing with the situations that are causing it, their mood will change and the doctor will notice the effect of counseling. In his time, he will remove them from as much medication as possible. I have seen this happen and you can too.

Although I am not a fan of using medication to alleviate the symptoms of depression, I have dealt with people who were much easier to help while on medication than when they were experiencing withdraws. I can recall one person who thought that they would start trusting God by stop taking

the medication that their doctor was prescribing. They were having a tough enough time trusting God with the current problems in their life without adding to it a complete physiological change to take place. It turned out to be a tragedy. That period of time was probably the worst of their life. Again, I am not an advocate of medicating symptoms, but by the time I have finally had the opportunity to deal with some individuals, their emotional problems were so great, that the medication was an aid in the process. Grant it, had they received Biblical help in the beginning, more than likely they would have never needed the medication. Also, you may want to consider that without Biblical counsel or the medication, some individuals may experience greater depression. You may ask, "If the medication is helping you, then isn't medication a viable solution to depression?" Medication merely alters the person's state of functioning. Most people understand how people use alcohol to deal with their problems. Situations may arise in a person's life to which they may drown their sorrows in the bottom of a bottle. The alcohol is not the solution to the problem nor does it correct any malfunctioning of the person's body, but it does remove the individual from being in close touch with the reality of their problems. Even if reminded of the problems, for the drunk person, the problems just seem to float away. In a like fashion, psychotropic drugs and electroconvulsive therapy achieve the same results.

There are some great dangers that we should understand and warn people about. The following link, <http://www.ssristories.com/index.php>, is a compilation of articles, which correlates the effects of psychotropic drugs to acts of violence, suicide and bizarre behavior. Make sure that you at least glance through this article.

I hope that this complete study has been somewhat of a help to you. I am in the process of developing each of these nine articles on depression into chapters of a book. The book is half way to completion. Your prayers are greatly needed and appreciated. Upon its completion, I will notify you through the newsletter.