Spiritual Corner: A Teacup in the Making
Psalm 139
By Rev. Rhonda Johnson, BSN, RN

The fall of 1999 was very challenging as the diagnosis of depression had just come into my life. After going through an array of tests which were all negative, my physician looked at me and asked, "Rhonda, could you be depressed?" There it was; the answer to all I was experiencing. I knew immediately the answer to the question was "yes." Never on earth would I ever have expected this diagnosis to change my life in such a positive way.

As the medication began to take affect, I knew I needed to make some life changes. My self talk was terrible. If I had talked to anyone the way I talked to myself, they would have knocked me out. Negative begets negative. I had to change this negative thought life. My negative thoughts filtered all the information that came in my brain and negativity flowed out of me. At times I thought the world was out to get me.

I started on a mission to change this mindset and experience healing. On this journey, I took a personality test and found out that only 5% of the population has my same personality. Then I sought God for answers. I have been told my entire life that no two people are the same, so why was I always comparing myself to others? Each of us is fearfully and wonderfully made to bring glory to the kingdom. To change this mindset I began to pray daily and continuously look for answers. As I searched, the answers were revealed to me. I read the Bible and discovered how much God loves me; yes not just mankind, but me.

Though this was a very dark time in my life, I thank God daily for the experience. It changed me. I was on the medication a short time while these lifestyle changes were being made. Though at times I can still struggle, when I look back at where God has brought me from, my mood is lifted. I have learned that sometimes in life you have to go through the fire to become what you are meant to become, a beautiful teacup for God to gaze upon and to bring Him glory.