

HOLY HELPS

HOW TO DEVELOP A NEUROSIS

Disorders associated with the term “neurosis” have included various negative thoughts or behaviors like denying responsibility for any misbehavior and always blaming some-one else for faults and failures. Here’s how to become a spiritual neurotic:

1. *Start by denying that you are guilty of anything.*

Assume that you are responsible only for the good that you do, but not the wrong. Insist that you get recognition and honor for what you consider is work well done *and*, at the same time, attribute any flaw in your life to either your mother or father or because someone at grade school called you “stupid.”

2. *Appoint yourself judge of everyone else.*

Having denied that you are free from any guilt or sin, proceed to find the specs in others eyes. Your philosophy is: “There must be something wrong with everyone else and by the grace of God I’m going to find out what it is!” Read a lot of gossip columns and this will help to repress your guilt by finding others who are more guilty than you.

3. *Become angry and rebellious if anyone suggests that you are less than perfect.*

The way you do this is: if you are young, throw temper tantrums, smash things; when you are older unleash your anger by “telling people off.” It is interesting that in the dictionary, the word “neurosis” is found between the word “neuropteran” and “neurosurgery.” You probably can figure out what “neurosurgery” is, but do you know what “neuropteran” is? It is “any order of carnivorous insects with biting mouthparts.” Humm, interesting!

4. *Stifle any promptings from God to recognize your sin and confess it.*

This, of course, means that everything you have thought and done to build up your self-image, in your own mind, must be demolished. This you cannot do for you have convinced yourself that you are innocent. After all, why should you have to lean on anything or anyone else, even God, for you are self-made. And as for sin and guilt, what sin and guilt? Maybe others but –

In the last analysis, what is your neurosis? Cowardice. The seeking for false status instead of forgiveness. The mistaking of the cross for a crutch. How foolish. A crutch is something we lean on; the cross is something that leans on us when, having agreed with God that we are sinners and received His salvation, we “take up his cross” and follow Him. Neurosis ended, new life begun!

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