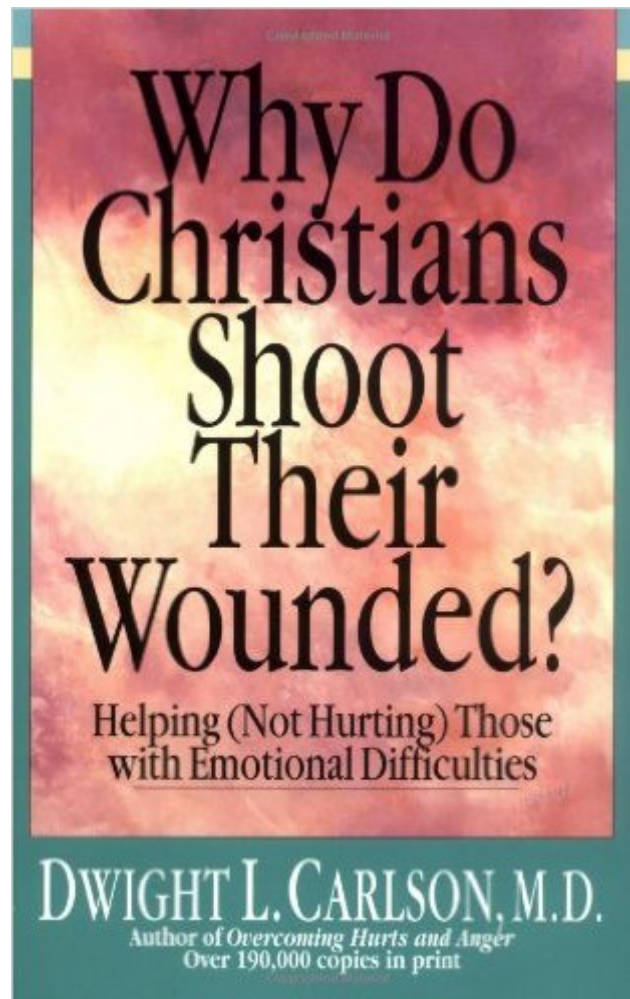


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# Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those With Emotional Difficulties



## Synopsis

It's no sin to hurt. Thousands of Christians suffer real emotional pain--such as depression, anxiety, obsessiveness. Many other Christians, including prominent leaders, believe emotional problems are the result of sin or bad choices. These attitudes often only add to the suffering of those who hurt. In this book Dwight Carlson marshals recent scientific evidence that demonstrates many emotional problems are just as physical or biological as diabetes, cancer and heart disease. While he never discounts personal responsibility, Carlson shows from both the Bible and up-to-date medicine why it really is no sin to hurt. Understandably and compellingly, *Why Do Christians Shoot Their Wounded?* brings profound help for those who hurt and those who counsel. For those who suffer, here is a powerful liberation from guilt. For those who care for the suffering, here is vivid proof that those in emotional pain deserve compassion, not condemnation.

## Book Information

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## Customer Reviews

A truly thought-provoking and compassionate discussion of emotional illness in the Christian community. Carlson disagrees with popular legalists, some of whom have attracted a large following, that the only sources of emotional illness are such things as unrepented sin, lack of faith or insufficient prayer. He establishes three categories of causes: physiological, psychological and spiritual. While some cases of emotional illness may be entirely an individual's own "fault" through some form of spiritual neglect or disobedience, these cases are probably very rare. In a majority of

cases, there is a combination of causes involving all three of the areas mentioned above. The bottom line is that many if not most emotional illnesses involve a physiological cause which can only be eliminated with properly, professionally prescribed medication. It is only by compassionately acknowledging the truth and understanding this physiological component that Christians can begin to respond with God's healing grace to those who are suffering. The book concludes with an excellent list of suggestions, ideas and resources for Christian communities, churches and individuals to respond positively to those in need.

As the director of a ministry that serves the chronically ill, the topic of this book caught my attention. The title is harsh and definitely scares some people away, which is too bad because the content should be required reading for church workers. The question does need answered! This book is about how many people- Christian included- suffer from real emotional pain such as depression, anxiety and other mental illnesses. Too often they are given "pat answers" and told to "go read the Bible" because the cause of the illness must be a spiritual problem. Dr. Carlson tackles this head on, revealing how the church body today can more effectively reach out to hurting people. If you are hurting, you will find comfort and validation. I highly recommend it and stock as part of the books we sell.

This book is the best book on this subject. I know first hand how horrible many so called Christians treat those that suffer from depression. Without medication I would not be alive today. Christian friends and family have accused me of being possessed by a demon. Nothing hurts more than a loved one or friends judging you for something you have no control over. This book is about just that. A kind word of encouragement would be nice but is not the norm among Christians.

My family suffered a tragedy. God's law was broken, man's law was broken. Sadly, the place that should have been most likely to help, turned out to be the first place to walk away. I watched as someone who I love lost not only his family, his job, his hope, and his reason to even wake up every day, and then church poured salt into his wounds. I read about this book in Christianity Today Magazine as a 'source' for another story and was incredibly moved. This book takes a hard and Biblical look at things like depression, despair, sin, and redemption - the basis of our faith. In the midst of suffering, so many of us have been reminded that if we just had enough faith, if we would just lean on Jesus, if we would just move on. This becomes the time when many give up, commit suicide, lose hope, and leave their faith behind. This book gently reminds the wounded that Christ

sat in a garden in so much emotional pain that he sweated drops of blood. It reminds us that he wept at his friend, Lazarus grave. It reminds of a God in Heaven who loved humanity so much that He allowed His own son to die to pay each of our sin debts. This book is a reminder of the purpose of the church, and of the great love that created the church, the world and each one of us - flawed though we are.

Why DO we Christians shoot our wounded??? WHY?? And why do so many pastors help line-up their congregations to fire first? It's a very tragic subject. There are many Christians who struggle with emotional pain, depression, etc. and their needs are ignored or worse yet, they are treated as lepers or questioned outright or inwardly: "What sin(S) are you committing?" We - the church - should be champions of helping, NOT hurting those who are suffering emotionally/mentally but, as a whole, we don't. And some WELL-KNOWN (I will not mention a "famous" pastor in this review but he is mentioned repeatedly in this book) pastors not only champion the "What sin are you committing?" philosophy but seem to encourage other believers to, at least, believe as they do. ENOUGH!!! And this book written with intelligence, clarity and love echoes that cry. I recommend this book for ALL pastors and believers.

Best book of many that I have read in terms of letting you know what the different mental illnesses feel like. It should be required reading for pastors, counselors, and family members of someone with a mental illness. The title is unfortunate as I know (from personal experience) that it turns off Christians who think it is a Christian bashing book. Far from it!! I suffer from major depression and I have now handed out well over two dozens of these books. Can not recommend it highly enough.

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