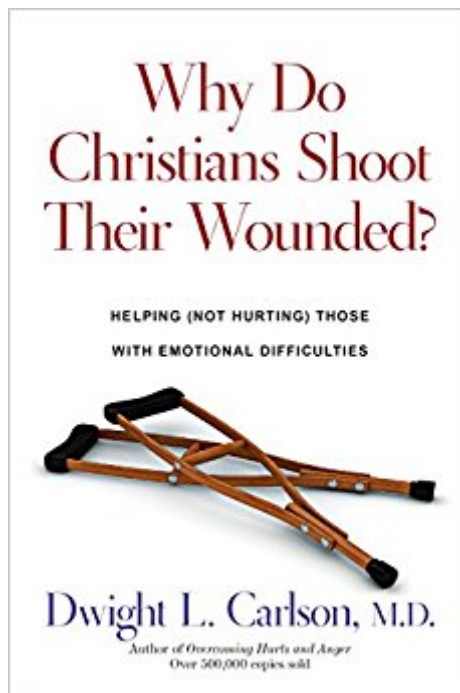


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# Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those With Emotional Difficulties



## 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

"This clear and practical book rejects the idea that hurting people should be condemned for their pain, and it succeeds in equipping churches to provide more effective care for these people." (Amy Simpson, *Christianity Today*, January / February 2013)

Dwight L. Carlson, a physician and psychiatrist, lives and works in California. His many books include *Living God's Will* and *Run and Not Be Weary*.

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.

Although I'm glad to live in an age where there is so much more empathy for mental illness, unfortunately it seems I find the most reluctance for understanding the trials that go along with the illness, to be most overlooked, and lack of interest from most members of the Lord's Body. Of those whom I've shared the intimate fact of the illness that I suffer from, their, "meaningful, yet mistakable" comments have been one's such as "pray harder and the Lord will deliver you from this illness", "perhaps you should stop taking your medicines, and rely on faith in the Lord", which I most certainly do by the way. It is actually He who sustains me, and grants me the wisdom and courage to follow my professional doctors, both Psychiatrist, and Psychologist to help me remain stable, even though at times, med's have to be readjusted, or inpatient hospitalizations are required. With all that said, I applaud the author of this book, and thank he, and his entire staff for establishing such validation that there more often than not, are real causes for the illness, such as brain chemical imbalance.

Sincerely Peggy Rittenberry

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.

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.

This is one of my most favored books in all of my collection! So many believers are wounded by misguided Christians who shoot their wounded instead of helping them. In their zeal to be godly, they forget their own shortcomings and cast that stone. That is not what Christianity is about--it is about walking with and helping each other along the road of life.

Very powerful...very freeing. A must read for those feeling very "unvictorious" in their Christian walk because they deal with anxiety or depression or other mental illness concerns. A tremendously helpful book for all that deal with issues and the loved ones that care for them.

My only complaint about this book is part of its title, WHY DO CHRISTIANS SHOOT THEIR WOUNDED, which does not do it justice. It may make people want to step back from reading the much needed material about very real physical components of emotional and mental illness. The second part of the title HELPING (NOT HURTING) THOSE WITH EMOTIONAL DIFFICULTIES attracts readers to learn facts that can change attitudes so that sympathetic compassion can replace unfounded moral and spiritual judgments on those with psychological problems. I feel the world would be a better place if everyone would read and apply knowledge in this book. Those with psychiatric problems need considerate kindness, not mocking rejection for an illness that cripples biological brain processes and manifests itself in unusual behavior.

This book helped me during a time when my own christian family abandoned me due to my inner struggles. Worth reading.

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