

Andrew Horton: Hi there I'm Andrew Horton and I'm here with Dr. Sunil Raheja, a man who describes himself as a disciple of Christ, psychiatrist and a spiritual teacher and fellow life struggler. He has spent many years helping first himself and then a large variety of people navigate through the complexities of life to lasting peace, success, and satisfaction. He is of British Asian origin and is married to Sally with their 4 children. He trained as a medical doctor and has worked as a consultant psychiatrist in the British National Health Service since 2001, mostly in the area of mental illness and learning disabilities. Sunil it's great to be with you today.

Dr. Sunil Raheja: Thank You! It's great to be with you as well Andrew.

Andrew Horton: You're very passionate about what you do, aren't you Sunil? Tell me a little bit more about what drives you.

Dr. Sunil Raheja: Wow! That's a big question to ask. The first thing would be my faith in Christ; I came to a personal knowledge of him in 1984 - that's over 30 years ago now. That would be the foundation of my life, my faith in God and what Christ has done for me. But also the fact that God is interested in every area of life so he is not just there on a certain compartment on a Sunday; he is interested in everything I do and in everything about me. I very much want him to be in the centre of those things

Andrew Horton: So your Christian life and your Christian faith directs a lot of what you do?

Dr. Sunil Raheja: Absolutely, but that doesn't mean to say that you have to pray or have God explicitly in front of everything you do, but let God's values of truth, justice, honesty, integrity - that is what really should govern everything that you do.

Andrew Horton: Now, You write a blog, so tell me a little bit more about that

Dr. Sunil Raheja: Yes. That's drsunil.com; it has been going on about two years now. I write primary around the areas of mental health, biblical spirituality, leadership thinking and cross culture issues. It originally started because I had an interest in the area around depression and struggling with depression and negativity which is something I've had myself to deal with. It was part of my life journey, how I came to the faith in Christ, that's on the blog actually and the post "[Just as I am](#)" which is I think is in the recommended posts section.

Andrew Horton: It's very much a hot topic today isn't it? Depression and feeling down and sadness, that sort of thing in our society, isn't it?

Dr. Sunil Raheja: Yes absolutely! I think there is something about modern life that is very depressogenic, something about I think people feel more isolated maybe because of more

social network have broken down and they are not as strong as they used to be for a variety of reasons. Family breakdown being one of them but also I think people live in a much more individualistic way than they used to. Then there's things like advertising in the media which always encourages us to look for the next best thing and whether it's the latest iPhone or the latest gadget whatever you get there will always be something better around the corner. As well as what I think is just general tiredness or fatigue, the impact of technology which is we are in a 24/7 technology culture that always bombarding us with information and this gnawing sense that somehow I'm missing out and I'm not getting what I should and I think that creates a greatest sense of unhappiness.

I mean Major Depressive Disorder which psychiatrists treat is more or less stable in society but general unhappiness I think is very much on the rise and although people might say that, well that's going to be minor, I disagree, it's a bit like major surgery and minor surgery, if it's happening to you all minor surgery is major surgery.

Andrew Horton: It's very good point actually and you'd say that the its a medical kind of diagnosis of depression is very different prevailing the modern trend. Isn't it?

Dr. Sunil Raheja: Yes I mean, you get major depressive disorder which is diagnosed by general classification systems like DSM or ICD, which talk about very clear symptoms for at least two weeks, a general sense of unhappiness and low mood that last for at least two weeks and are pervasive right throughout the day. But there is something else about society that I think, where people feel they are under a certain cloud of negativity. And again that, if you think about the media as well and all of how we are bombarded all the time with bad news, because bad news is what sells newspapers. Bad news is what gets people to switch on the T.V and watch the news unfortunately. But a constant diet of that is incredibly unhealthy.

Andrew Horton: I know that when I'm using something like Facebook and that sort of thing, you get addicted to the notifications, saying those are what I want. As you say, it's about this culture, we always want to feel that we're approved of and assured. Aren't we?

Dr. Sunil Raheja: Yes, absolutely and I think there is something as well. If you look, if you think about Facebook and social media, everybody is always putting the happy stuff up, and it's very easy to feel, "I don't feel as happy as these people in these notifications I am getting" "maybe I am somehow abnormal, I'm not quite right, maybe my life is not sorted as it could be". And so this sense of gnawing uneasiness has, I think, a constant drip-drip affect on us.

Andrew Horton: So Sunil, for wider perspective, who have been your major influences over the years. Perhaps start in history and move onto today. What sort of people do you learn from and look up to and from history?

Dr. Sunil Raheja: Wow! That is a huge subject really, As we obviously start of in terms of my faith in Christ, more broadly than that, wow where do I start? I'm thinking out loud here.

Andrew Horton: I know you have written on Abraham Lincoln and is that more to do with his story of depression or of you being inspired by him as well?

Dr. Sunil Raheja: With Abraham Lincoln, it's very much, his ability to deal with setback, and to keep picking himself up after he lost a child, at a young age he struggled with a lot of depressive feelings. Churchill was another example; he was already on the fringes of political life and in his personal life, until the outbreak of world war two, and being able to see the Nazi threat. And I think there is something about, if you look at Lincoln, if you look at Churchill. Their struggles, depression, negativity, are actually what made them into great leaders. They were able to deal with that dark side. So in the case of Churchill for example, he was able to, because he dealt with his dark side he was able to see that somebody like Hitler was not someone who you could negotiate with or collaborate with, which was very much against the thinking of that time, if you compare to what Chamberlain was doing.

Yeah, maybe there are some heroes, other people going back in history some maybe like William Carey who went, quite funnily really, as an illegal immigrant to India because in 1793 because The East India Company of that time forbade any missionary activity. The East India Company were just interested in basically getting as much money and trade out of India as possible, exploiting India as much possible to get what they wanted. Whereas Carey went with a view to see how he could actually help people and transform lives for the Gospel and for the good of the Indian nation as well, which is very largely underappreciated now. He'd be one. More recently, Bible Teachers like John Maxwell, Rick Warren, again who I've written about in the blog and his own struggle with his own son's depression who sadly committed suicide in 2013, and the way that he and his wife, Kay, dealt with that and have raised the awareness of mental illness. And another teacher who..

Andrew Horton: I am going to pre-empt you there. Is it- Tim Keller ?

Dr. Sunil Raheja: It is indeed. Yes it is right. You know, Tim Keller is an enormous influence. I mean, I still remember about ten years ago somebody gave me remember cassette tapes?

Andrew Horton: Yes..

Dr. Sunil Raheja: Just remember in the olden days, cassette tapes. Somebody gave me a cassette tape. And that was by him. And I remember listening to it in the car and I can't remember what the passage was but his ability to communicate gospel truth in a way that

just doesn't speak to your head but also speaks to your heart was incredibly powerful and he continues to have very powerful influence on me.

Andrew Horton: Now you are also quite interested in modern trends like marketing, blogging - who else do you follow on that field?

Dr. Sunil Raheja: One of my heroes in that would be Michael Hyatt and if you don't know Michael Hyatt, you can just go to Michaelhyatt.com

Andrew Horton: of course.

Dr. Sunil Raheja: And he's a fascinating guy he was CEO of Thomas Nelson for a number of years and if you don't know Thomas Nelson I think is the largest Christian publishing company in the world. And he saw, I think this going back of 8, 9-10 years ago, he saw that the way that the publishing industry was changing because of technology and the internet it was going to be completely transformed. So he started blogging and what I love about his blogs, and he is very much a role model for me, is that one blog will be about how to sort out some glitch on your Mac. He is very much into technology, even though he's a grandfather with grandchildren, the father of five daughters and a very full social life and active work life. And yet he's very in tune with technology. So he will talk about some glitch on a Mac. And the next one will be I had an argument with my wife last night. This is how we resolved it. So he'll go from one to another and he's got a very deep faith in God and in Christ and it's very inspiring to see somebody like that. Who is really able to bring all aspects of their life under God.

Andrew Horton: So learning from people as diverse as Michael Hyatt, Churchill and Abraham Lincoln. What are some other things that you would say would describe the way you work and the way you operate as a blogger and as a teacher?

Dr. Sunil Raheja: Wow!! I struggle. I struggle a lot. And I'm not a morning person. And I think what I've learned is that everybody struggles. Everyone has you know, we look at people from a distance. You may think, Wow! You know they're doing all these things they're so active, they're so productive, they're being so fruitful. But we don't see behind the scenes and I think along with all these what I'm encouraged by is that actually that, that's not unique. Everybody struggles. We just don't necessarily see it. And especially people who are in the lime light and what I want us to do is to think not just about externals but the internals.

One of my mantras if you like is that for lasting success in life you need a rich interior life. And I think so much focus in society is on the external, focus on the credentials and in one sense that's fine but it's like that phrase, you know, I worked all my life to be an overnight success. We tend to rush to put people on a pedestal and say that how marvelous, great,

amazing until suddenly something terrible happens that there is a major disaster in their personal life and their professional life or in some way and there were seeds of that in their interior life.

Andrew Horton: It's interesting actually, going back to Churchill again as an example, a lot of people thinking of him as a hero and not knowing anything about his depression or mental illness and that sort of things so just as you say to think of the fact that someone like that who had the resilience to get through and to make such a great big difference, it's incredible, isn't it?

Dr. Sunil Raheja: You know it's amazing and I think he did struggle with depression and exactly as you said Andrew I think what's often glossed over and its coming to light a lot more. He referred to his depression as his black dog.

Andrew Horton: It's a famous phrase isn't it?

Dr. Sunil Raheja: It's a famous phrase. We have a short video on the blog about that. You could do a search under I have a black dog and you'll see a very lovely video made by Matthew Johnston who himself struggled with depression, but I think that is what made Churchill into a great a leader because he was able to connect with his dark side and I think we are very good at times of polarizing: like he is good, he is bad but life is grey and if you compare the time and the whole issue with Chamberlain who was a very successful businessman, very entrepreneurial who worked hard, who was a very reasonable person, but who also had the naive beliefs that if we are reasonable with Hitler then we can avert war and things will work out. But Churchill because of his experiences, he could see that this was not something you can negotiate about.

Andrew Horton: That word experience is I think is very interesting Sunil that is all about the fact that we have to learn through life. Don't we?

Dr. Sunil Raheja: Yes that's is a very interesting point as well to me all of life is about learning and people say that I stopped learning when I left school, but no you didn't actually. You carry on learning because you are picking up things like you're watching TV, you're going to the movies, or probably I would say maybe the movies or in cinema and popular culture is the biggest as it were, the biggest teachers really. Now, what they are actually teaching us is another matter. Are they really teaching us things that could put us in a good stead for the future and that I think is quite debatable really and a lot of it you know in our modern secular culture is very much focused in the here and now. I think the Latin word secular means now and I think one of the big issues in modern life is we have lost our sense of continuity about who I am, I'm a product of my parents and my grandparents and my great grandparents. Decisions are influenced by this and the

decisions that I make in this life will affect my children, my grandchildren and great grandchildren. I think these are vital things that we're at a real risk of losing.

Andrew Horton: I think you mentioned the word health there. I think that being healthy in the way we consume the world is as important. So we don't have a diet of superficiality and quick gratification. Notification on Facebook is an example. Tell me a bit more about how it is important that we can live a healthy life inwardly and outwardly.

Dr. Sunil Raheja: Well I think firstly I tell you, I would want to point out to you is that we are where we are. You know here we are in 21st century surrounded by huge advances in technology that have made huge potential and possibilities available to us and we have to accept that. We could say ok I'm going to go into my cave and have nothing to do with any of this but I don't think that is an appropriate response. We have to engage with where we are.

Andrew Horton: In a nutshell, how can we make sure we live our lives healthy inwardly and outwardly?

Dr. Sunil Raheja: Yes and I think that in a sense is why?

Andrew Horton: It is a big question why

Dr. Sunil Raheja: It's a huge question in a sense with the online platform that I'm developing, it is making sense of life in a complex and a challenging world. Making sense of life in a complex and challenging world and it's getting more and more complex more challenging and you know you talk to anybody about that I think that we all agree that it's a struggle to keep our head above water. I struggle with this as much as the next person and that's why I'm fascinated by this subject and I think a lot of other people will be as well. How do we live a healthy lives both internally and externally?

I think one of the things is first awareness of what is happening. It is a bit like the Proverbial frog in the kettle or in a pot. Gradually the temperature is rising and because it is rising we are not aware of that and we are in danger of frying our circuits with all that comes at us. In all the ways that we're bombarded. So awareness is the first thing when this is going on and the ability to step back and think and reflect about one's life and to think about one's life in a holistic way. So I'm a doctor. I always remember Martin Lloyd Jones saying that for most doctors on their death bed their obituary will be, "born a human and died a doctor." And it's not just doctors but for many professionals their whole identity is based around their profession. A profession is not a bad thing but if that's all you are then you are an impoverished human being. So roles in my cases as a husband, father, as a friend, as a son (this is in no particular order) these are coming to mind as well as hobbies and interests to grow as a well rounded individual but also body, mind and spirit as well.

And the fact those different domains in many life they are all interact to each other. If I'm tired and hungry it's very easy to become irritable and ratty with people and it's understanding that all those things do interact together.

Andrew Horton: so there's awareness, stepping back and there is identity is it those three things?

Dr. Sunil Raheja: I think so yes.

Andrew Horton: so now how did you come to be interested in this kind of area the sort of area of studying and area of teaching?

Dr. Sunil Raheja: So as I said earlier on, it starts in terms of my faith with Christ. As a disciples of Christ I'm called to be salt and light in the world. There's a verse in Ephesians chapter 2 verse 10: "We are God's workmanship created in Jesus Christ to do good works, which he has prepared in advance for us to do".

And the fact that we're his workmanship, the Greek word is Poiema from which we get the word poem which means his work of art. There are things that God has called me to do which only I can do. No one else can do and this is the same for everybody for people who are listening as well. I'd say to you that there is work that only you can do: the experiences that you'd gone through are unique to you. Certain people only you can reach and certain issues that only you can talk about and can relate to or help people with. That's the foundation. But also I realize if you're going to make a difference in the world, an individual is too small. You need to work with other people, but that's easier said than done. If we think about it we go from growing up from dependence to being independent, but maybe the healthiest place to be is inter-dependet whereby we're in a relationship with people. Not a needy relationship but one where we value each other gifts, talents and strengths and abilities. Where I'm weak and you are strong. In a sense this is a classic example isn't it Andrew? You're the technology guy here and you ask insightful questions which bring things out and hopefully it brings the best out of me. It's not just in that context, it's in a variety of ways.

I realize that I said that one was too small a number to achieve anything of lasting significance then began to realize as you work with other people there are a whole new set of skills that you need to develop. I remember I became a consultant psychiatrist in 2001 and on one level it was like I reached a certain pinnacle. Medical schools are tough to get in and they're even tougher now than they were 30 years ago when I applied, and you look up, oh wow, if only I could become a consultant and I could reach that goal. Well I finally reached it, I reached it in May 2001. What I realized there were two things. I realized, 1. It was incredibly empty, that was the first thing having reached the things which everybody aspires to.

Andrew Horton: You reached almost the top of academia and success in the minds of many people. Yet you found it quite empty

Dr. Sunil Raheja: Yes there was a huge sense of emptiness; absolutely, and secondly I realized I was at the bottom of another ladder, I climbed this huge ladder that had taken me years and years at some point I thought I might never get there, but I got there. And I realize I'm at a bottom of another ladder because there was a whole load of other things I need to learn and develop and devote expertise and a lot of that is about your people skills. They say people are hired because of their technical ability. If you become a brain surgeon you need to know something about the brain and how it works and the various techniques and surgical procedure - absolutely! I don't want to knock that, technical skills are really important but technical skills are only what get you through the door. What's after that is issues like your people skills, your ability to get on with people, your ability to bring the best out of people and I realize I was completely green in those area. And then there is character; who you are as a person, can you be trusted? Can you be relied on? Are you somebody when you say you're going to do something you will actually do it or it gets forgotten or waylaid or whatever. I realized there are a lot of things I need help with, that in a sense I just realized how desperately needy I am. I am and continue to be in this areas. That's why in a sense I love teaching. They say you know, those who do, do and those who can't, teach! I love teaching primarily because it helps me so much but I think from the feedback I got, it helps other people as well.

Andrew Horton: It certainly does, certainly helped me as well and I wonder also whether you think that there's enough hope in society today? You talked about how you felt how something was missing and you reach the bottom of another ladder, do you think that people in today's society give up hope too easily, do you think there's more hope we can take grasp or take hold off, so that we can actually improve our life and help our life to be healthy, that sort of thing?

Dr. Sunil Raheja: Yes, I think there is, I always think of a quote from Charles Dickens, I think it's from A Tale of Two Cities, "It was the worst of times and it was the best of times" and I think that's absolutely the case not just in Charles Dickens time but in our time here and now.

I think this is the best possible time to be alive and also that it's pretty much the worst possible time to alive particularly in some parts of the world. In one sense it's never been easier & better to have a fulfilled life particularly if you live in the wealthy West like we do. But at the same time I think there is more despair and hopelessness than we have ever known or experienced. The question is which you are going to chose to focus on?

And it goes back again I think to the realization that the old answers don't help anymore. In the past you know like growing up I always remember, the big thing coming from a South Asian family was education, education, education. That was the thing and I remember growing up in my sort of late teens trying to make sense of life in a world that was complex and challenging then and thinking and talking with my parents and talking with my peers in school, and the response was get on and do your O levels and your A levels and get to university, get your education. And I remember I would go to India and visit my relatives and I remember one particular aunt would say that the problems we have in India is due to a lack of education. But it is not that. It is not that education is the issue. I heard a phrase that if you educate a crook, what do you get? You get an educated crook! So they might not be stealing from a local shop but they might be doing internet fraud or things like that. So there is a sense that those old answers don't help anymore. So it is not education but there is something about growing and developing as a full rounded human being and we have to use that word that has been avoided particularly in the West for so long, The G-word, God, and his call on my life and what it means to live for him. As well as, that I am not just a mind, I am a body as well, and that all these things interact, and bringing you back to the spirit - body, mind and spirit.

Andrew Horton: Now what about the teaching I have read about a little bit about which is about being compassionate towards one self. And there is a lot of teaching around cognitive behavioural therapy, about being compassionate towards yourself. And that in a sense is almost like Christ is compassionate or compassionate towards us. So we are compassionate towards ourselves, how does that work?

Dr. Sunil Raheja: That's a great question, Andrew. The two greatest commandments are to love God with all your heart, mind soul and strength and the second commandment is to love your neighbour as you love yourself. Jesus was asked that when Jesus discussed that with a lawyer and the lawyer replied to him with those two commandments. He said absolutely that is the fulfillment of the law. But if you think about the second one, love your neighbour as you love yourself, and I think we got this whole issue about what that means upside down, we tend to think about loving others without thinking about myself.

No if I can only give what I have, I cannot give to you what I don't have. Think about it when you fly on an aeroplane and what they say to you when you get on the aeroplane. They say, you know the stewardess before the plane takes off, they say in the event of a loss of pressure in the cabin and the oxygen mask come down what do you do, you put your mask on yourself first before you put it on your child or the person next to you. Well, similarly, I can only give what I have, and if I am not full of the love of God, and fully, congruent with who I am, I cannot really minister to you or help you.

Andrew Horton: Otherwise it can be a sort a lesson to you, trying to kind of grip hold of life and try and do things yourself and in your own strength

Dr. Sunil Raheja: Absolutely you are doing it in your own strength and the other thing is that, talking as a disciple of Christ and someone who has a relationship with him, is that my relationship with him is more important than anything I do. I am a human being before I am a human doing. And, I am not a human doing at all; in fact I am a human being. And yes we tend to get this messed up, we tend to think that if I do these things then somehow or another I will find a purpose in life. I will find satisfaction that I am looking for, then in many ways it is understanding the gospel and this is where Tim Keller has helped me enormously, is the realization that I am accepted and therefore obey God and not that I obey God and am therefore accepted. It is getting that order right, and its, and yet a continual battle we keep on missing and failing.

Andrew Horton: So, it sounds like as we know, it is as you said earlier it is quite tricky to live in today's world so I guess that this makes it even more important that we do have some sort of spiritual disciplines or general disciplines that we have in our lives, that sort of keeps us on track and help us not become addicted to self-gratification here or getting response here, that sort of thing.

Dr. Sunil Raheja: I think, and again as I said earlier it has to start off with our own interior life and again as a disciple of Christ in relationship with God that has to be central to everything. Now there is something about modern life that in a sense keep on distracting us, there is a post about how to avoid God and the whole issue varies really, the way modern life is structured it always tends to goes to the superficial, the trivial, the external

Two particular quotes that comes to my mind are from C.S Lewis, and it is on the post that I refer to earlier, on [How To Avoid God](#), He says this is how you avoid God and I think so much of society is geared this way:

“Avoid silence, avoid solitude, avoid any train of thought that leads us off the beaten track. Concentrate on money, sex, status, health and above all on your own grievances. Keep your radio on, (I hope he does not mean podcasts!), anyway keep the radio on, live in a crowd, use plenty of sedation. If you must read books select them very carefully but you will be safer to stick to the papers. You will find the advertisements helpful, especially those with a sexy or snobbish appeal.”

I said, you think about that, so much of modern life, you know. I know people who will wake up in the morning and they will just have the radio on, continually, and it is something about I need to have some kind of external noise to keep me going. Otherwise I can't live in my own silence.

The second quote from C.S Lewis:

“The moment when you wake up each morning all your wishes and hope for the day rush at you like wild animals, and the first job each morning consist of shoving them all back, and listening to that other voice, to hear the other point of view, the other larger, stronger, quieter life come flowing in.”

No one's going to do this for you. You have to make that decision that I'm going to stop and listen to that still quiet voice and ask Him to be the one who guides and directs my decisions for the day, challenges for the day, I don't know how it will work out today, he is the one who's going to direct me

Andrew Horton: You can't put anything in His place?

Dr. Sunil Raheja: No there's nothing else that can, and yet we seduce our selves by thinking that we can, we think that we can manage, the example I found to be helpful is, you don't say "I ate a really good meal last week so I'm not going to eat this week." or "I took loads of deep breaths last week, so I don't need to breathe this week." I mean that would be ridiculous and there is something about a relationship with God that is exactly the same. You need that every day, in fact you need it every moment in your life every day.

Andrew Horton: Something that I've been thinking and sort of meditating on recently, is about how, we have to as individuals, to take responsibility for finding that quiet time or silence. We can't rely on someone sending us an encouraging verse on social media or the email or something like that. We can't rely on someone stopping us or making us sit down for a few minutes to catch our breath and to meditate on scripture and that sort of thing. We have to take responsibility to our selves.

Dr. Sunil Raheja: Absolutely Andrew, absolutely right. I think that is something that you feel, like, the child in us that expects somebody to come along to do this for me. But there is no one else to do it for you. It really is between you and God. You have to make that decision and say "okay, I'm going to carve out this time". The moment you do that, you'll find lots and lots of things will get in the way because it is a battle. There is a battle going on. We hear about wars going on in Iraq, terrible things happening in Syria, middle east, Gaza, and all those terrible things.

But you know, there is also another battle going on, and that is the battle of the mind, and a battle of priorities, battle of decisions. Those external battles are a reflection that those inner battles are not sorted out. When I don't sort out the things going on inside me, the way I handle it is I start blaming you, I'll start finding faults in you or in people around you. I'll say it's those people over there who are the problem. When actually the first step in spiritual growth is realizing the problem is not out there, the problem starts with me. I

need to work on myself first. Ultimately the first thing I have 100% responsibility for is myself. I can't change anybody but I can change myself.

Andrew Horton: So I guess it's about recognizing that and working it out yourself but also you can still do that within a community can't you Sunil?

Dr. Sunil Raheja: Absolutely, and I'm not saying that we don't fight for injustice, and we don't talk out when things are wrong, we don't stand up for those who are struggling and suffering. Absolutely not, but it's got to come from a deep interior life. Another example that comes to my mind which is a very sad one is Bob Pierce the guy who started World Vision, I think he went to the Philippines. He started this organization, a fantastic organization, World Vision that does so much humanitarian work, but the tragedy was, that it destroyed his life. I think he lost his marriage, lost one of his children, it was awful. And yet he was doing a good thing.

Andrew Horton: Fascinating stuff Sunil. Thank you very much for speaking with me. Before we go. Just tell me a little more about the push with your blog, vision and values to what you do.

Dr. Sunil Raheja: Wow, okay, so the website is www.dr.sunil.com and as we said its about making sense of life in a complex and challenging world, everybody has his idea about what we should be doing or what we should do. For a lot of my life I have struggled with that. It was education, and I found that wasn't enough. It was in the past, physical fitness, friendships , relationships, even good things like family, and children, and friends. So good things they don't satisfy. And there is a hole, like a God shape hole, God is pretty big he is huge. A realization that, how can I in a sense in myself try to make sense in all this complexity and how can I help others as well and bring those along in this journey? We live in a needy world, nobody has got all the answers. God certainly does. and God is working his purposes out. But how can I along with others work together to make a difference?