

Help - I'm Drowning!

By Pastor Joan Hart

Help! I'm drowning! Well, maybe you think you are drowning, but actually you are under attack by the enemy. He is not happy one bit that you are standing firm in your faith and holding on to all the Lord has for you.

Many are in the same boat. We are walking on the water. The wonderful part is, Jesus is walking on that water with you. He never said you would have to go through any trial by yourself. He didn't say you would walk on the water alone either. If He reached out and took Peter's hand when he was sinking, I know He will take yours.

It is so hard to go through trouble when you have no one to share it with, nor anyone to encourage you. Sometimes, all a person needs is to hear someone else say is, "It's ok, you can make it, keep going, come on, keep standing in faith!" Boy, that makes you perk right up and keep going.

We are going through many places in our lives right now that seem tough. But God knows all about it and has made a way of escape for all of us. Through the Bible we can receive hope, peace and even joy. We might even read something that will give us wisdom we need for our situation. **God's Word never fails!**

The enemy does not want you to read the Bible. He wants to control your life, make you miserable, so you feel like you are drowning. That is not our Lord! He loves you and is always there to help you, if you if you turn to Him.

There is another way to help yourself when you feel like you are going down for the third time, and that is, to reach out and help someone else. Be an encouragement to someone who looks sad and forlorn. You have no idea maybe of their trouble, but if you have been in the Word, you can encourage them by sharing some of the same verses the Lord gave you.

Never be afraid to reach out to someone. You might think they look awfully crabby and might bite your head off, but when someone hurts inside and you reach out in love, they will respond. It might take a few minutes, but you will be so glad you did it. They will change you! Think of that! Here you are, reaching out to help them and you rescue yourself. You're not drowning, you only think you are.

The Word says, "As a man thinketh, so is he." So if you think you are drowning, stop it! Get your thinking in line with the Word and I know you will come through. The enemy will take a back seat in your life and your joy and peace will be restored. Real joy comes when you help someone else. It picks you right up! Try it!

People today seem to be so afraid of helping someone. They don't want to be vulnerable. But when you share with them the thing you are going through, they just might open up and share their trouble. When they do, you can let them know how Jesus helped you out. You might even be able to pray with that person.

I don't know about you, but joy beats sadness and pain any day. You could try to sing. Oh, I know, you say you can't sing, but you can make a joyful noise unto the Lord. Maybe you can't carry a tune with music, but when you sing in the shower, I bet it's great. So get busy and sing a song of praise to the Lord that He brings you out of your sadness and trouble.

You can't be drowning when you are singing. When you sing, the Holy Spirit shows up and begins to minister to you. Pretty soon you feel much better and besides that you will have had time in the Lord's Presence. Now you are really getting somewhere. You are having fellowship with the Lord and He with you. Suddenly, you realize your trouble is not as bad as you thought! A smile begins to emerge on your sweet face. More music comes from your heart and you break out into song again. Your heart soars with praise to the Lord that He has brought you to a new place of trust in Him.

Trust is what it is all about. You have to know that when you trust the Lord, He comes through. He never tells us just how long it will be until the trouble is over, but we can rest in His capable arms and love on Him while we go through. You will get through! Things will change. They always do!

The day will come when you look back and see that all that trouble you had when you thought you were going to drown, is gone. What happened? Where did it go? How did you get through? You know it was through the help of the Lord and the trust you put in Him.

You can't bury yourself and not face facts. But we have to grow up and know that we can't have temper tantrums anymore, nor can we always have it the way we want it. Make a decision today, that you are going to trust God and go on.

He is the only answer for your life. He has the answers so why not trust in Him. Everyone else has failed. He will never fail you, nor leave you.

There is nothing that is impossible for you when you put your trust in the Lord.

Change the words you use and begin to say, "I can handle this, I am an adult." I am not a child. I can cope and I will stand firm in my faith and trust in the Lord through this whole storm. Jesus is the only answer and I am choosing to believe Him and His Word.

Praise You Lord! I can, am and will hold on through each difficult situation in my life. I am not drowning! I choose, this day, to serve You. Thank You Lord for always being there for me. I receive Your help, love, peace and direction. Help me read the Word daily, in Jesus Name, Amen!