

Fixing Yourself

From: Good News in Times of Trouble
From Day 9 of Overcoming the Overwhelming
Chapter 2: God Knows the Truth: Extended Thoughts
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In this life, we sometimes face situations that are overwhelming. It seems no matter how hard we try, we can't overcome them. We try, but fail again and again, and it seems no one understands, and even we can become hard on ourselves.

Especially in the United States of America, we are surrounded by ideas such as "pulling ourselves up by our bootstraps." This is a common saying meant to say that someone improved their station in life through hard work with little to no help from someone else. Another common expression we hear is, "You got yourself into this mess. Now you fix it." A similar one is, "You made your bed, now lie in it." In other words, don't expect others to help you with the problem you caused.

We carry this concept into religious circles, too. Certainly, you've heard this: "God helps those who help themselves." Or, its close cousin: "Do your best and leave the rest to God."

If you think about it, the idea is that if you have a problem, don't expect God or anyone else to help you. You are on your own—you are **alone** in this situation.

Something in us agrees with the above statements, and that is why the good news is so shocking, even offensive! Why would God help people who screwed up their lives? It is because God is not human. His love is not comparable to human love. He sent His Son to die for us when we were His enemies, when we hated Him and accused Him falsely. He died for people who do not deserve His

sacrifice. But when we receive Him, He becomes our loving Father who would do anything to help us.

You are not alone. God sees you. He hears you. He knows your situation. He is for you, not against you. He isn't holding your faults against you. You are forgiven and God will help you.

People may accuse you of many things. Looking on, they will pass judgment on you. But God knows the whole truth. He knows what led to your situation, and He is the only one who cares enough to rescue you without continuing to accuse you. All we have to do is believe. He will lift us up with His love. He will comfort us in our solitude when others accuse. When the physicians give up and friends are nowhere to be found, the Lord will help you.

*When my father and my mother forsake me,
Then the LORD will take care of me.*

