

When My Heart is Overwhelmed

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Scriptures:

Psalm 61:1-4

2 Timothy 1:6-7

Romans 12:2

When my heart is overwhelmed, lead me to the Rock that is higher than I

Psalm 61 has been my "go to" scripture through so many difficult times. I have often wondered if it brings me to that secret place of comfort and assurance because of the words "*from the ends of the earth I cry to You*". New Zealand truly does feel like it is at the ends of the earth, and it illustrates so graphically that time and distance mean nothing to God's undistracted, constant attention to us. To know that when I cry out, when I feel as if I can take no more, God is always ready to lead me to that Rock, to the One Who is above it all.

Being lifted in the Arms of the Rock, set higher than we can go alone, puts all the chaos and fears and confusion into perspective. We are on the shoulders of the Rock, seeing it all through His vision, not our own. The Psalmist, David, knew this and ends that Psalm by declaring that he will praise God's Name forever.

God knows we need to understand that our mind is a powerful weapon when we listen to the conflicting logic and arguments it proposes to be the answers that we need to allay our fears and problems. God impresses on us that He has not given us a spirit of fear, but of power and of love and of a sound mind. Mental wellness, as with physical wellness, is precious. And fragile. When our mental wellness becomes affected by sickness, or traumatic events, or simply by life overwhelming us, we need help.

Sadly there is, still, a stigma attached to mental illness that is not attached to physical illness, which prevents many of those who need help from seeking it. Did Jesus stigmatise those whose minds were overwhelmed? I don't think so. How many times did He remind His disciples not to be afraid, He reached out to them, listened to them, really listened to them, intently and compassionately.

As followers of Christ we are so blessed, but we are not immune to the effects of this fallen world. Our enemy knows he has a short time so is rushing around like a roaring lion, attacking anyone, whether a believer in Christ or not. Our Hope lies in the redeeming sacrifice of our Lord and Saviour and when scripture tells us He carried all our sicknesses, that includes mental illness. So, Christ knows what it is to feel overwhelmed, to feel paranoid, to feel depressed, He has been through it all at Calvary.

There is no shame in seeking help, there is no need to suffer alone, to try and hide the stress, the fear. the overwhelmingness. Let the assurance that God is listening give you the courage to ask for help.

For those who see someone struggling, reach out, listen (really listen) and offer to support them, maybe go with them to speak to a professional who can help them begin their journey back to wellness. And bless them, in humility offer to pray with them, not for them, but with them.

Prayer: Father, grant us the compassion to reach out or the courage to seek help, whichever it may be, remind us that You always intently listen and will lead us to the true perspective. In Jesus Name Amen.

https://www.youtube.com/watch?v=YcXaEsM_jOA