

## Studying The Word/Strength for the Journey

*Our hope is that as we explore the light of God's word together, His grace, truth, strength, and love will be illuminated. As we ourselves have learned about God and His word, we have discovered that some issues that have caused us to stumble in the darkness...were just the issues God wanted to heal!*

*We also hope that you will be open to responding to His invitations in his word to "walk in the light" and allow Him to offer healing.*

*Day Seven Ministries can offer professional support as you journey.*

**I AM...WHAT ARE YOU?** *copyright Kelly Serafini 2009* **I am overwhelmed.** Nothing major- just life coming at me **fast**. A wedding, new school schedules, "super-sizing" the sandwich generation and all of it at once. My desire is to run and hide but the demands call and I have no choice but to respond. The problem is, instead of respond I react. I get stressed; a little testy. A bit less of Christ shines through and a bit more of me roars onto the stage. The day seems to have a pace of its own- no matter how much pious prayer or quiet time I put in first thing in the morning, by the second cup of coffee I am ready to scream if just one more person says, "Mommy!", or if the phone rings again, or another prayer request comes to me. I become distracted and depleted and still the needs come on. **I am so ashamed.** This is not who I want to be, and it is certainly not who I was created to be, but here I am: a mess of anxiety...a mess of stress...and not a lick of reflection of Christ. I heap shame on myself and dig myself in deeper- "just keep going", "push through, push on", "don't give up", and a thousand other idioms echo in my brain. **I am a paradox.** I long for someone to come alongside me and yet cringe to think of someone seeing me so weak, so needy, so *not* up to the task of being me. I want to stamp my foot and demand my time, my portion, or even stamp my foot and be sent to time out-alone...where I can nurse my pride. Alone, where I can relive the inconveniences poured on me. Alone, where I can justify my selfish side. But alone, I realize even more what I want. Help. Support. Someone to come alongside and bear the burden with me. Someone to ease the stress by just being there-listening to me. Caring for me. **Choice time-** Give in or give out, dig in or dig out. **Step 1. Admit my need. "Come to me, all of you who are tired and are carrying heavy loads. I will give you rest. (Mt. 11:28)** It is an amazing twist to me, that the God who can do anything, that knows everything, wants me to admit my need! "Of course I am tired!", I cry out to God, "You are all knowing, so Mr. God-like smarty pants, why do I have to tell you!?"

My assumption is that He wants me to cry "uncle" and admit defeat, come whining and limping to His throne so He can show me He is the "Better" and I now do His will. But, I have learned, that may have been the way in the neighborhood, but not in God's home. He does want me to admit my needs, not so He can bully me to do things His way, but so He can do precisely what I want- come alongside me and carry me, give me rest. He can only come to my side as I recognize I need the help. **Step 2. Accept the help. [2 Corinthians 1:3](#)**

**"All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel! He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us."** One of my favorite jokes is of the man who is caught in a flood and prays to God to rescue him. The man dismisses a rescue truck, then a boat and finally, hanging from a tree, he dismisses the helicopter. When he dies and goes to heaven the man asks God, "why didn't you rescue me?" God responds by saying, "I sent a truck, a boat and a helicopter. What were you waiting for!?" Putting my own day in that joke, I wonder if the help God sent was in the "Mommy!" call that was meant to remind me of God's presence in my home even today. I wonder if the phone call was an offer of love in the form of a visit, a word of encouragement or someone to help. I wonder if the prayer request was another attempt of my Dear Father to remind me that we are all in this together- as two or three are gathered in prayer He is there. There is no shame in asking for help. No shame in accepting. Shame is when in pride, we deny our needs. Shame is when we reject the help that comes. **Where are you in all this?**

Overwhelmed? Ashamed? Ready to admit your needs? Seeing God as a defeating bully who makes you do His will? Seeing God as a comforting friend who longs to lend a hand, if you will only reach out? Ready to accept His help...even if He delivers it through a someone else? Time to accept my own advice. I am going to sit alone, and express my needs. I am going to let the needs just be- not judge them, not demean myself for having the needs, just admit them. Then, I am going to ask God to help me be open to receive- receive Him and His help, receive help if it comes from a child, a friend or in any form. And I will pray for you too...that the help and comfort I receive, you receive as well. That we will be encouraged together, even if only through this email, to remember the needs of others, to pray for each other, and share in all that God has for us!

*Comments and questions regarding the content of this study are welcome AND INVITED! Responses will be offered from Day Seven volunteers or staff. Feel free to forward enLIGHTen to friends .....if you have received enLIGHTen as a forward, and would like to be added to our email list, please contact us at: [enLIGHTen@dayseven.net](mailto:enLIGHTen@dayseven.net)*

***Day Seven Ministries' mission is to bring light to individuals and families walking in the darkness of sexual and relational conflicts by providing Christ-centered counseling, education, and support***  
[www.dayseven.net](http://www.dayseven.net)