



A light to my path. Psalm 119:105

Mentally and Emotionally Overwhelmed? It Is Written!

We should take firm hold of the fact that the body we see in the mirror is not who we are. Our body is our house of flesh in which we live as a spirit. God is a Spirit, and He made us in His image; therefore, we are spirits. When we become mentally and emotionally overwhelmed by a mountain of bills for which we have no money, or our doctor is not healing our sick body, or we can't break our addiction, or our spouse has no time for us, or our child is failing in school, where do we turn for help? Jesus said we will experience trouble and persecution, but he has overcome the world (John 16:33, NKJV). If we still have troubles, how did Jesus overcome the world? He told us to come to him with our troubles, and he will give us his rest (Matthew 11:28-30). He will teach us how to give him the cares that burden us (1 Peter 5:7). When we go to Jesus, he will not rest until he has resolved our troubles (Ruth 3:18). Therefore, we should be diligent to go to him (Hebrews 4:9-11). He will fight for us (Exodus 14:14)! He turns our anxiousness into peace and guards our hearts and minds (Philippians 4:6_7). Mental and emotional issues are attacks brought by Satan. Don't let him use you as a pawn in his hands. Believe big and be bold (Ephesians 3:20). Be like Jabez and tell God what you want and expect to get it (1 Chronicles 4:9-10). This is how Jesus overcame the world. Shalom!!

Love Life Ministry, Inc.

Touching People with the Healing Power of God's Love®

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