

OVERLOADED??

By Conrad Barrett

Do you ever feel like you have more problems than you can handle, or that life has dealt you more than your share of frustration? If you feel like life's burdens are greater than you can bear, then this article has been written for you. Please, read on.

A common complaint that is heard often in the course of many conversations is "I'm stressed out", or "I'm so tired", or "I'm worried sick". Many similar expressions relate to how we actually feel about life in general and when we look at all the variables, which can drain us emotionally, it is understandable how one can become emotionally depressed. In some cases it may be like the "straw that breaks the camel's back". Things do have a tendency to pile up and our minds can become filled with more problems than solutions. If this happens, then we are emotionally overloaded, big time.

Today, we are faced with many problems in our homes. We have many dysfunctional families. In some cases our children are having children and are bringing them home to mom and dad to raise. Sometimes there may be no other solution. Mom and dad then are torn emotionally between love and time for themselves and the well being of the child or grandchild. It is like rearing another family all over again. Sometimes alcohol or drugs play a definite role in this problem. Then, there is divorce, which many times changes people from one set of problems to another. When re-marriage takes place, if it does, then there are other people and in some cases, children brought into the picture. How will all the new and old faces merge or will they? This is a real problem for many and it is just another part of our real life problems which many families encounter. It is a perfect situation for an overload.

The work place, too, has its own set of problems and most of us find ourselves there in one way or another. Sometimes fairness does not enter the work-place scene. Stress and other related emotional problems are common factors as people are urged to do more and more and sometimes with less pay. Some people are promoted over others, not because of ability and dedication, but for personal and frivolous reasons. All these maladies create friction and frustration. How does one handle the good and bad experiences at the work-place? Read on.

All of us, sooner or later, must try to understand ourselves. Just who we are and how we deal with ourselves as we relate to others, can be a real challenge. Our feelings usually vacillate from day to day. Sometimes we feel fine; other times we may feel depressed and even confused. Whether or not this is normal is not the question, but how we deal with these changing feelings is important. We must keep in mind that we are a part of a whole world and in some ways we all relate. It's the person who gets lost in the crowd that may have the greatest problem trying to cope. There is a way to cope and we can become more than victorious. Read on.

The church world, too, is not free from its moments of frustration. With due respect for all the fine people who make up church bodies, there are those among it who want to control and there are those who are controlled. Sometimes the controlling elements are so strong that the Holy Spirit has little or no freedom to move upon the people who need a release from the pressures of everyday life. The church of all places should be a place of “refuge” where people can go, and are free to laugh, cry, belong, and worship in Spirit and in truth. The church should be free from political maneuvering and fumbling. The burdened and hurting need a place of spiritual and caring shelter and the church should provide it. People need to feel at home when they are in the house of God and true ministry should come from the pulpit and pew alike. We should remember, however, that many people who are “overloaded” with the cares and troubles of life will be present. In our Father’s house the “overloaded” as well as all others should be ministered to. Please continue.

There are many areas of life in which people can become more than challenged. They can become truly “overloaded”. Above, I have briefly mentioned only a few of the many problems which beset us. Jesus spoke often of these problems, which seem to be peculiar to human beings. He spoke of the lilies, which neither toil nor spin and He spoke of the sparrows, which are fed without a common worry. He said our value as humans is far greater than that of the sparrows and that we, people, should have faith in Him. In speaking specifically about the issues of life that can be troubling for us, Jesus said two things can cause us very serious trouble. One is the “deceitfulness of riches” and the other is “cares of this life”. We seem to have more problems with the cares of this life than we do with the “riches” contention. Paying bills, making a living, buying cars and houses, rearing children and all that goes with life in general can cause us lots of difficulties and some pleasures, too. These things, though necessary, can “overload” us. There is relief for us. Read on.

Most of us know about our problems, but how do we get help? How do we spring the trap and free ourselves? There is a way and please read carefully the following ways in which we can help ourselves.

Think about the Divine Invitation. It is extended to all regardless of who we are or in what straits we find ourselves. Jesus Christ invites us to come to Him for love, compassion and healing and we all are welcome in His presence. He can take a life in shambles and change it into something good and positive. Let Him speak to you through His promises. Following are a few promises, which address many of our problems:

1. “All that the Father giveth me shall come to me; and him (her) that cometh to me I will in no wise cast out” (John 6:37).
2. “Casting all your care upon Him; for He careth for you” (I Peter 5:7).
3. “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and my burden is light” (Matthew 11: 29-30).
4. “Draw near to God and He will draw near to you” (James 4:8).

5. “Humble yourselves in the sight of the Lord and He will lift you up” (James 4:10).

Bring not only yourself to the Lord, but bring all your problems, too. Come just as you are and give yourself totally to God.

The promises above tell you that God is interested in you. You may be “overloaded” and may feel you cannot go another step, but with God’s help you can. With God all things are possible. And please know that in the Lord there is that special strength and help which only He can give you in the time of trouble. God will help you if you ask Him, but will do so only if you give Him yourself and all your problems. It is then that He can start a miracle in your life. More than anything else, the Lord wants to establish a fellowship with you and when this happens you will have an inner strength that can come only from the Lord. Let the Lord get involved in your life now and let Him change both you and your circumstances. He can and He will. Give Him that opportunity. Give Him yourself and your problems. Do it now. Don’t be left out of the Divine arms that can embrace you for life on earth and for eternity in the future.

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