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| [Read on blog](http://faithencounters.impart.org/2024/04/04/faith-and-worry/) or [Reader](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=https%3A%2F%2Fwordpress.com%2Fread%2Fblogs%2F127938330%2Fposts%2F3237&sr=1&signature=31e6527d2e6538a19096e00408ce2b18&user=d4772d34747c29138d6356de987fff13&_e=&_z=z)   |  |  |  | | --- | --- | --- | | Site logo image | [**Faith Encounters**](http://faithencounters.impart.org) | [Read on blog](http://faithencounters.impart.org/2024/04/04/faith-and-worry/) or [Reader](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=https%3A%2F%2Fwordpress.com%2Fread%2Fblogs%2F127938330%2Fposts%2F3237&sr=1&signature=31e6527d2e6538a19096e00408ce2b18&user=d4772d34747c29138d6356de987fff13&_e=&_z=z) |  [Faith and Worry](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=http%3A%2F%2Ffaithencounters.impart.org%2F2024%2F04%2F04%2Ffaith-and-worry%2F&sr=0&signature=7d5489ea681c2f74643d5b873eee85f7&blog_id=127938330&user=d4772d34747c29138d6356de987fff13&_e=&_z=z)  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | https://0.gravatar.com/avatar/3f13af1d3e2a35ad581f9ba697fd060a4b7d8a719664a4a449058f8ff4e8c587?s=96&d=identicon&r=G | **Martha Rodman**  April 4 |   Photo by Matheus Bertelli on [Pexels.com](https://impartweb.wordpress.com?action=user_content_redirect&uuid=18d6f37dea7a972e0417f992529c2f629d6b1958bfbc0e3d0410e23ca9060e59&blog_id=127938330&post_id=3237&user_id=0&subs_id=566510874&signature=3af0f474c01ee10fa8ef46f157f916e5&email_name=new-post&user_email=rick_blaisdell@yahoo.com&encoded_url=aHR0cHM6Ly93d3cucGV4ZWxzLmNvbS9waG90by9yZWQtaGFpcmVkLWdpcmwtc3RhbmRpbmctbmVhci1wbGFudC01NzMyNzEv)  Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30.  Don't you love the encouragement found in this scripture? When I read it, it is like a refreshing cup of water reminding me that all I have to do when I feel overwhelmed with worry or anxiety, to simply come to Him. Not to the TV, not to books or food, but come to the one who really is in charge of my life. When I do come in humility and sincerity, I find rest for my soul, along with grace for the right yoke and burden that I am supposed to be carrying.  I spent some time this morning reading through an old journal. This journal began in August 2012 when I was still a caregiver for my husband. It took me through his subsequent heart attack and a blood clot which lodged in his right leg that took his life. As I reminisced about this tough season, I was reminded of God's faithfulness. August 23, 2012, I wrote: I don't know how to take care of Darryl. I get so scared that I am paralyzed to move ahead. I need you to give me wisdom and insight. I am glad for the little things that show healing and development. I do not want to be a whiner or a crier. I need you to help me. I trust you. Today, we shall move ahead. I shall have a productive day. Satan shall not win. Is the paralyzed feeling coming from "do the right thing"? Afraid to do wrong? Be wrong? (Apparently I was reading in Colossians, for I went on to write:)  Colossians 3: receive: let the peace of God rule in your hearts. Remain: let the word of God richly dwell within you. Respond: whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. Remember: Set your mind on the things above, not on the things that are beneath, for you have died and your life is hidden with Christ in God. So here I am, waiting, trusting, needing you more than ever. Yes, Lord come, deliver me once again from myself...from the good girl mask.  Little did I know that six weeks later, I would be a widow. My caregiving was over. My prayers for wisdom and insight would be answered unexpectedly with my Darryl's passing. Looking back at those days, I remember feeling so much pressure to do and be the "right" thing for Darryl and a concern for being and doing the "right" thing as a Christian--hence the "good girl mask" statement. I'm proud of myself for "coming" to the Lord with my fears and concerns. As I continued to read through this journal, I found so many times where I came to Him for help and guidance, crying out as David did for his help. Listen closely to my prayer, O Lord; heart my urgent cry. I will call to you whenever I'm in trouble, and you will answer me. Psalm 86:6-7. NLT. My current journal reflects the same cry for help as well, but also increased statements of trusting Him, so growth!  Dear friends, He is able and so willing to help us in our time of need. Do not be afraid to come to Him, as you are right now. Praying through those things that you are struggling with. He truly is our help in time of need. Don't wait till you are overwhelmed, but meet with Him daily to sort through the things that are trying to distract or discourage you, before they just get bigger; robbing you of your joy.  Father, I thank you for this wonderful reminder that we can come to you and find rest for our souls, no matter our situation and circumstance. The rest and relief as we come is so amazing. It changes our perspective and restores hope. Thank you, dear Lord, for truly being a help in our time of need. In Jesus' Name, amen. |  |  |  | | --- | --- | |  |  | |  | | |