

These are certainly perplexing times we are living in. Many are fearful about health, finances, employment, school, family stability, children's future, economic welfare, social isolation etc. When the very fabric of our sense of stability is seemingly coming undone it is normal to feel overwhelmed. For some, these overwhelming feelings may lead to sadness, stress, anxiety, depression, maladaptive coping skills, thoughts of helplessness, etc. Just know YOU ARE NOT ALONE! Help is available. In Mathew 11:28 Jesus invites anyone that is "heavy laden to come to Him and He will give them rest."

Here are 3 simple steps as to how to get rest from the Master.

Step #1. Accept His invitation "come unto Me." Acknowledge your helplessness, by telling the Master your concerns and unload your burdens upon Him for the load is too heavy for you to carry alone.

Step # 2 Ask Him to sustain you and help you through these difficult moments.

Step # 3 Have faith and believe that He can help and will deliver you.

Finally consider these words of encouragement from the Master Himself "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10 NIV.

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