

Ask Yourself

Rachael Martin 9,28,2015

I have found in the past few years, that there are a LOT of people that I never would have known that are on anxiety and anti-depression medications. Let me start by saying that I believe medicine can be helpful but as well I believe that we have a tendency to rely on it more than God and His ability to help us overcome certain situations in our life.

I say this one.

Depression – Because I’ve been there – thinking “I’m a Christian and because I’m a Christian depression will never affect me” and then after I had my first child and when she was not even 3 months old, I had put her down for a nap and walked from the bathroom to the kitchen and broke down in tears that I couldn’t stop for hours. I felt alone, I felt like motherhood was too much, and even after prayer, I felt like I was not doing my part as a wife and homemaker. I felt in such despair that I wouldn’t be able to give this child and my new marriage the love, and stability they would need from me.

And two.

Anxiety – In looking for a home recently, I found myself so busy looking at homes, scouring over home after home, knowing what I wanted in a house, but always coming short in one area or the other and coming back to the VERY REAL fact that we needed to move and get to know the area and my husband needed to have a job before we even knew what we could afford and where we wanted to settle!! I signed up for emails alerts and looked at homes well into the wee hours of the morning and I didn’t even know what we could afford!! I would shut my computer off night after night and have this feeling of anxiety that I’m just going to have to settle for something – that I had forgotten to spend time with the Lord, and believe HIM, and rest in the knowledge of His providing for us – not my husbands job or his paycheck.

The term – “putting the cart before the horse” means at some point, the horse is going to trample that cart because IT’S IN THE WAY of where the horse needs to go. We get in the way when we are anxious and depressed more than we realize or want to realize and then we sometimes even go as far as to say it’s a spiritual attack when we’ve worked most of it up on our own. I know – I’ve done it and I’ve seen others do it too. It’s a vicious cycle. Friends, depression and anxiety are very real. However, Jesus Christ is Lord over ALL.

Philippians 4:6-7 – Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Ask yourself –

- Am I worrying too much about things beyond my control?
- Am I stressing out over the unknown?
- Am I praying enough?
- Am I remembering God's word and His truths trump anything I'm feeling and anything I can't do?
- Am I reaching out to those around me who can pray and counsel me in the godly thing to do?

When I was dealing with the depression, I went to my doctor, who said that it was normal for feelings to be all over the map because hormones are trying to regulate after having a baby and she suggested a low dose of an anti-depressant that I would be on for a few weeks and be off of in a month while my hormones went back to normal – which I did and I haven't had any problems since. Praise God! During that very real process, my family, friends and church were praying for me and there were times I literally felt their prayers. I know that I was healed of depression. It has never returned and I thank God all the time for the experience and for healing me. (Mind you, I don't always believe doctors and what they have to say – God has the final say!)

Recently – in my growth with the Lord over the years, I was able to see that I was creating my own little atmosphere of anxiety over me and my household when God wanted me to enjoy the present. He laid out a situation for my family to just enjoy each other and here I was fretting over tomorrow and the would be's and could be's. I have since repented and I'm asking the Lord to help me use TODAY to do all I can today and be all I can today and not get ahead of HIM – but to wait on Him for every next thing in my life and in my families life.

What's next Lord?! I'm waiting on you and today – I ask myself if I'm relying on You and remember that You are where my help comes from and You are my answer and have my answers to everything that has ever been a question in my mind. You give me exactly what I need for today and I pray that I get through this day living holy and acceptable to You. Today, You and I will get through it together. This is the day that You have made – I will rejoice and be glad in it!

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EMAIL, gahf@gatheringathisfeet.org