

What A Day

Have you ever had “one of those days”? I mean a day when nothing goes right, and you feel like you wish you had never been born. You question what your purpose is here on this earth. I think pretty much everyone has experienced that feeling at one time or another. For many people it is an all the time thing, which definitely is a problem that should be addressed. But what about the “normal” ups and downs of life? How do we deal with the reality that life is just not fair, and we have to endure it no matter what?

The first thing I usually do is just have a good cry. It is OK to acknowledge that the unfairness of life is hard. It is also OK to acknowledge that it makes us angry. If we just stuff all those feelings down deep and don't acknowledge them, we will find that they work their way to the surface some other way which ultimately is not healthy emotionally, physically, or spiritually.

Once that is out of the way, it is time to examine the situation to determine if your response was overreactive, or not. If you felt it was, you need to examine that further. Why did you think it was overreactive? Was it because you said or did something that hurt someone else? Or did you just think the situation wasn't “bad” enough for you to react in the manner you did? If you wronged another person in your reaction, you need to make that right. You need to figure out why the situation triggered such a response from you. You need to apologize and also make changes to prevent a recurrence of that situation.

Sometimes you just react strongly and there is no apparent reason. Maybe you didn't do anything that hurt another person. You just went off alone and cried and “put on a happy face” and went back to doing what you were supposed to do. This is usually an indication that something deeper is causing you pain in your life. Or maybe the situation was actually serious, and your reaction was appropriate. What do you do with that?

I have noticed that most people are uncomfortable with what they consider negative or out of control emotions. If you are in the presence of another person when you break down, they often will do their best to comfort you. But often this comfort involves making you stop exhibiting your emotional behavior. Maybe at the moment that is important. Maybe it is an emergency situation, and they need to move you to a safe place before dealing with the emotions involved. This is OK, as long as someone at some point helps you process through what happened and your response to it after you are calm enough to think about it rationally.

The problem is that most people just want bad stuff to go away and would rather just pretend the situation didn't happen at all. If it is something that can't be ignored, they give it the minimum of acknowledgement, then expect you to move forward as though it never happened. Understand that this is human nature, and do not blame them for this response. It is a coping response that allows them to keep moving on through life. If they took upon themselves everybody else's problems, it would be a burden too hard to bear.

The answer is that you cannot rely on other people to hold you up or to carry you through the hard times you experience. This is too much to ask anyone, even the person who is closest to you. In fact, the closer the relationship, the more detrimental it is if you burden the other person excessively with your problems. Conversely, you cannot carry another person's load. It is too much for you. You will stumble

and fall and take both of you down. Who can you unload on then? The only One you can truly unload on, is the Lord of All. God the Father created you. He sent His only begotten Son, Jesus to die for you so that the troubles you experience in this life can be borne by Him. When Jesus ascended to Heaven, God sent His Holy Spirit to indwell us, so that we have access at all times to the power, comfort, and peace that only God can give us.

How can you believe what you can't see? How can you "unload" to Someone you can't sit and talk to? The Bible tells us that it is the Holy Spirit that draws men to Him. When that tugging comes upon us, we are compelled to seek Him. When we seek Him with all our heart, we find Him. Once we find Him, the rest takes care of itself. The Bible clearly states that if we seek first the kingdom of God and His righteousness, that all these things will be added unto us. I can't explain it because it isn't something that can be explained. How do you explain how you felt when you first fell in love? How can you distill that into mere words? Yet human love between two people is just a weak shadow of the love and acceptance we find in Jesus. Any human will let you down. They will disappoint you. They will hurt you. They may leave you. They may die. This knowledge doesn't stop us from loving, at least I hope it doesn't! Think how much better it is to love the One who loved us first and gave His life so we might live eternally. He will never leave us, He will never hurt us, He will never disappoint us. In our silly, childish thinking we may sometimes be disappointed in the way a situation works out, but we always find it was best in the end.

Those bad days are just the groaning we experience when our flesh longs to be made new. We want to be whole and live in perfection with no tears, pain, and disappointment. Fortunately, for the believer in Jesus, we can look forward to the reality of that someday. This world is not our home. We are just passing through. However, we need to be like the five wise maidens who had extra oil for their lamps. The bridegroom may tarry. Christ may not return soon; we may live a long life. We need to be good stewards of the time we have been given on this earth. As long as we have breath in our lungs, God has a purpose for us here on this earth. We need to make the most of the time for His Glory. Not because we want a greater reward in heaven, but because we want to please the One who loves us most and enjoy His presence while we live on this earth.

The Good Shepherd is always available for me to cry to, to unload on and to share the little joys others would roll their eyes at. People are quick to be critical when we are too sad, angry, or even happy! God is a good Father, who is always ready to hear whatever our silly hearts and minds want to say. An earthly father will rarely despise a small child who says something cute or funny. If even a sinful human father can do that, how much more our Heavenly Father! If I remember that, and run to Him when I am troubled, I can keep my relationships with others in better perspective. I can avoid overloading them with burdens too heavy to bear and instead cast my cares on the One who loves me most.