

*Greetings! From the Way Counseling Department. We want to share our hearts and prayers for you as we navigate life in a forever changed world. This month's article hopes to encourage hearts that may find holiday's difficult, as we approach the end of the year.*

*"We look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith's perfection..." Hebrews 12:2 TPT*

## NOT ALONE

The beautiful thing about having a God that is powerful & loving, is that we can approach Him with all of our issues, questions, and pain with an expectation that He can carry us when we cannot carry on. The pandemic continues to have lingering effects that continue to change our world. Not to mention loved ones that will no longer be with us now that we are able to gather again. I just want to remind you that it is okay to feel the pain from the loss, just remember to give God room to heal. It might be slow, but He eventually will turn **"mourning into dancing"** (Psalms 30:11).

So, if you start feeling any of the following:

- Denial
- Anger
- Depression
- Numbness
- Helplessness
- Frustration
- Intense sorrow
- Stuck

Know that He understands us, **He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."** Matthew 26:38 NLT So we don't have to hid or deny these struggles to prove our faith. Coming to God for help shows we have faith in Him to help us.

Please don't try to do it by yourself, God sent Jesus to become an approachable God, so we wouldn't be fearful of not being pure before his Holy presence. **By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place.** Hebrews 10:20 NLT Approaching Him can be as simple as talking to Him as you would a passenger in a car drive home. Or listening to worship when home alone. A willingness to have a genuine conversation with Jesus about how you are currently feeling is all He ever wants.

Also, surround yourself with people who support you, your family, the church, friends, etc. And express the emotions and thoughts you are having. The biggest lie the enemy can attack us with during these times is that you are alone. But God promises us, **"Never will I leave you; never will I forsake you"** Hebrews 13:5 NIV. Or the enemy will even try to isolate us, but just remember: **The Lord alone is our radiant hope, and we trust in him with all our hearts. His wraparound presence will strengthen us.** Psalms 33:20 TPT.

## "God is on our Side"

### 2 Corinthians 4:8-9 NLT

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. <sup>9</sup> We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

I pray this song encourages you and reminds you that God is always with us throughout life's troubles. It seems everywhere We turn We see heart ache, pain, and uncertainty. Although that is the reality of this physical life, we must remember that God is in control, we have Him to run to and rest in his arms, in Him, we see the beauty of life

I invite you to turn this song up and just sit in his presence, let it be a reminder that no matter how crushed we may feel at

Times, no matter what tragedies we experience, no matter what situation seems hopeless, we are loved by an amazing God who will always go before us - he loves us so much and continues to be on our side through it all.

- ON MY SIDE : Kim Walker-Smith

<https://www.youtube.com/watch?v=RLUQJNQSImg>