



### *When the Blues have Gotcha Down*

Sometimes it can seem as though nothing is working the way we want it to. Problems in our relationships, our jobs, and the pressures of everyday living make us wonder just how much more we can take. We have prayed and prayed, seeking answers for what ails us, and yet there doesn't seem to be any resolution. Rather than awakening with renewed enthusiasm for the endless possibilities of each new day, we drag ourselves out of bed, summoning from a well almost dry for the mental and physical energy to make it through. The busyness of our daily routine gives us little time to dig deep enough to discover, ponder, analyze, and catalog what's really going on inside. We pack a million things into 20 minutes without even realizing that we've lost our joy.

For whatever reason we've convinced ourselves that God can't relate to our blues—that He doesn't understand our yearning to feel the warmth of someone's love and the comfort of a sweet anchor. God created us! He created the yearning of our hearts. He knows our condition at every second of the day, and He is consistently whispering powerful and healing messages to our spirit. But it's virtually impossible to recognize the voice of God when it's muddled beneath all the baggage that accompanies a lack of faith.

We're so exhausted and disgusted with our life situations that we can't hear what God desires us to hear and can't see what He desires us to see. We completely lose sight of what Jesus Christ accomplished for us and in us, and we suffer needlessly, lost in the tedium of our everyday routines. The truth of the matter is that we're starving from a lack of spiritual nurturing. That's the problem; the blues is merely a symptom.

### *What are the Blues?*

The blues is a calling card for change. It's a wake-up call to understand the root cause of our problems and to get busy honing the tools to solve it. At our weakest point the blues trick us into thinking that we're powerless to change our situation—that we lack the resources or ability to satisfy that emptiness within us. It simply isn't true! God has packed us to overflowing

capacity with incredible supernatural abilities. If you're willing to stay focused and committed to even the smallest change in your mental perception, you'll be absolutely amazed at the light He shines in your life. We can't afford to give in to that overwhelming urge to surrender to the circumstance, because doing so makes it nearly impossible to connect with our inner self—impossible to tap into our reservoir of power.

When we awaken each morning most of us have a routine that propels us through a reasonably decent work day. When an unusual event occurs within the workplace, we are required to take the time and energy to thoroughly examine why. Well we must be equally willing and even more dedicated to invest the same resources to discover the hiccups of our own souls. We must understand that it took time to get into a state of spiritual deprivation, and it will take time to get out of it. Patience is a characteristic of mature spirituality, and it is the one thing you must allow yourself if you desire enlightenment and growth in this area. In the world of quick fixes and instant gratification that's hard to hear, but God's way has not changed. Even so, He is a very present help!

The very present help is realized in the great truth of the Holy Spirit. The modus operandi of the indwelling Holy Spirit is to take us higher and higher in the things of God. It simply can't do that within the context of business as usual.

Power, in any form or fashion, seeks to express itself, and there is no greater power than that of the Holy Spirit. It will cause us to gravitate towards those situations and circumstances that foster our greatest potential. The mind is often at cross purposes with this process. Why? Because the spirit seeks to breach comfort zones and the mind seeks to protect them. The Blues is the emotional upheaval that occurs when our minds resist the process of spiritual growth.

What's really at stake here is that you've given over your power. You have a God-given right, privilege, and responsibility to exercise dominion, and to take authority over your life. The blues will cast a hazy film over the challenges of life and camouflage them as defeat, when they are really opportunities to see God bigger and to experience His love greater.

Sistas, as Christians there are some truths that we must grasp with every believing fiber of our being. Two of those truths are 1.) God is omnipotent, and 2.) Everything He does is omnipotent. God doesn't make mistakes. He does it perfectly from the beginning. When He gave us the gift of the Holy Spirit and declared that it would fill us with power, it was a done deal! Therefore

everything needed to find answers for whatever it is we're facing can be found in us if we've made Jesus Christ our Lord and Savior. When we allow this truth to marinate in our spirits a while, we'll realize that the shortcoming must be within us, because one thing is resoundingly clear, the problem is never God or His lack of ability or willingness to bless us. So if the problem is in us, then by the indwelling power of His spirit, the solution is as well.

### *Authentic Assurance*

Authentic Assurance is belief and unwavering trust in God's ability and willingness to bless us. God has sealed your success. He will partner with you to create an existence unequalled by anything you could create on your own. If you can make the tiniest of space in your thinking to accommodate that truth, you will send a signal of faith that the heavens can't ignore.

### *When is our faith and belief authentic?*

The act of choosing love will prohibit a lackluster existence. Love is the active power that creates and motivates. God is love, and He has given to us what He is so that we can re-create it over and over again through our deeds and actions. If your emotional state prevents you from decisively moving with the authentic assurance of God's love, you cease to demonstrate love, and thus miss an opportunity to position yourself to receive. Our believing is authenticated when our faith weaves creative energy, thoughts, and motives into positive action. Believing in operation gives God the authority to act on our behalf. That belief is authenticated when we reach beyond our emotions by not allowing them to prohibit us from acting in love.

Emotions are designed to be helpful, to steer us away danger, not to bring us to a screeching halt. When we're moving into action we find a way to move beyond our circumstances to elevate our thinking, giving, and behavior. Doing this lets the whole universe know "Yeah, I'm a King's kid and I know He's got ma' back." Then the devil has no choice but to say "whoa, I can't bust her groove, her faith makes it illegal for me to go there." When we do not fuel our believing by studying His Word and prioritizing our relationship with Him, we're giving the devil a foot hole into our lives. He knows the laws that God has ordained and he can't break them, if he could the world would have long been destroyed. But he also knows full well when he has a legal right to mess with us, and we are the very ones who give him those rights.

### *How do we know when to move?*

A vital part of authentic assurance is surrendering to the will of God. Making Jesus Christ Lord means that we are no longer in the driver's seat. He knows where we need to be and when we need to be there. Each morning our prayer ought to be "Lord, I relinquish myself to Your perfect

will today and every day. I utterly and completely surrender to You. Help me to sharpen my spiritual acumen so that I may see, hear, and act upon the many opportunities You present to me every day to give, act, and behave in love.”

The answer to most of life's questions rests in our willingness to live by the Word. Living by the principles of God's Word yields confidence. Pleasing God naturally builds your own confidence and faith that He will also hold up His end of the bargain. Knowing when to move comes from this place of confidence. Many of us seasoned Christians claim to have a great deal of trust in this area, yet far too many of us stay in situations that harm our spirituality and devalue our personhood, and when we're forced to let them go we allow our emotions to spiral out of control. When we truly have the faith that causes us to recognize and trust the voice of God we'll hear His directives loud and clear. He'll instruct us how to move in and out of all of life's toils, twists, and turns; and He'll do so in a way that causes us to triumph over and over again.

We simply must trust in the lordship that we've relinquished to Jesus Christ. There is no time in which he isn't concerned with every detail of our lives. There is no time in which he takes his eyes off our situations. There is no time in which he leaves us to fend for ourselves. He sees the big picture and is willing to help us reach the highest pinnacle of success in every area of our lives. So it all boils down to one important question, are YOU really making the things of God a priority? Are you using your life to make a statement about your spiritual identity or are you making your flesh and your emotions the governing force of your reality?

When we believe God rightly, we don't have to be overly concerned with the details of our lack, desires, or tribulations. The Word tells us that He has given us everything we need through Christ Jesus to live a life of abundance.(John 10:10) So why then, would we look to some thing or some person to give us more than God will? When we truly trust God, we'll give Him our whole lives. We'll recognize that He can take much better care of us than we could ourselves. Sistas, God expects our walk with Him to be so tight that when we need something it's there even before we have knowledge of the need. That's faith in operation! Yes, He'll do that for you, and if you feel that He's not meeting your need at this very moment, open your eyes! Turn up the volume on your spiritual hearing, and incline your inner being towards the Father. He's calling you to attention!

To live life victoriously or to change it profoundly we must have tremendous courage. We must have confidence that as we gird ourselves with all the strength we can muster, God's got our back. He will not leave us defenseless. As we take a step, He will clear the path so that we can

continue walking with boldness and experience, building ourselves in spiritual and believing power. As you seek Him, He will show you where you need to be and what you need to be doing to rid yourself of spiritual ineffectiveness, and to clothe yourself in light and love.

What you are experiencing right now is an awesome opportunity to see God in operation; to see His love for you; to see His power in action on your behalf. But your action, perseverance, and courage are required, and you need tenacious Holy Spirit power to build these elements within your inner-woman. The situation you are facing is a wake-up call. It is life beckoning you to make a change—a change in your attitude, your demeanor, and to tighten your spiritual fortitude through studying and living God's Word. Don't be afraid to do what's necessary to elevate yourself to a place of wholeness. He loves you ferociously. His purpose for your life is fulfilled when you are operating from a place of completeness, when you have all you need at all times to live a life of wonderment and joy so that you will be poised to do the work of the kingdom. So put yourself in check that you are understanding God's divine purpose for your life, and move out boldly.

Spiritual Encouragement written by Rev. Fran Times-Mack. Copyright © 2010. All rights reserved.