

## GOD KNOWS BEST

### Isaiah 43:10-13

*Physical Therapy!* Familiar words that when we hear them most of us can relate to, as we have either experienced the treatments ourselves or know someone who has. The therapist's bench I have laid upon many times and I have to admit it is a bittersweet experience. The stretching, prodding, pulling, pushing—you name it—always brings with it some measure of pain and discomfort. The sweetness comes when your body starts adjusting to the therapist's touch; healing comes and the overall pain leaves. God has always blessed me with kind, knowledgeable therapists. Still, I had a tendency to tell my therapist what I thought should be done—know what I mean! That never worked though because the therapist always came back with “*I appreciate your opinion Katie, but I'm the boss!*” I had to let go of the control, and trust that my therapist really did know what was best for me.

**Isaiah 43** is titled *The Savior of Israel* – And He is our Savior too. Read **verses 10 through 13**. In these verses God reminded the Israelites that He was in control—“*from eternity to eternity. I am God. No one can oppose what I do. No one can reverse my actions.*” And **Hebrews 13:8** tells us that *He is the same yesterday, today and forever*, so we can trust Him to care for us.

Often things happen in my life that cause pain—hurt me, and then I try to tell God how to fix it, and usually I am after a *quick fix*. But God moves in His time and in His way and I must remember that God is the boss. He always knows what is best for you and for me. Maybe you are facing problems today—sickness, family struggles, financial difficulties, and emotional upheavals—I am—but never forget that God loves you and He has a plan of escape for you. We must learn to trust God and release the control of our lives into His capable hands.

Would you agree with me that we all have blue days? These are those miserable days when you feel lousy, grumpy, lonely and utterly exhausted. Days when you feel small and insignificant, when everything seems just out of your reach. You can't seem to get started in the morning and it overshadows your entire day. You feel frustrated and anxious, which can induce a *nail-biting frenzy* that can escalate into a *triple chocolate-mud-cake eating frenzy* in a blink of an eye! I see the by the nod of your head, *you* are relating, you've been there right!

Or you burst into tears at any given moment and you don't have a clue as to why. Or you feel like you're wandering through life without purpose. You're not sure how much longer you can hang on, and you feel like shouting, “*Will someone please shoot me!*” And often it doesn't take much to bring on a blue day. But whatever the reason, you're convinced that someone up there doesn't like you. You may even shake

your fist at the sky and shout, “*Why God! Why me? What am I doing that’s so wrong? Why do you hate me?*” In the spirit we know that isn’t true, but in the flesh and deceitful heart it appears to be our truth.

Some people hide behind a flimsy belief that everything will sort itself out if you do nothing. They spend the rest of their lives feeling sorry for themselves and looking over their shoulder waiting for the other shoe to drop. They become crusty and cynical or end up a pathetic, sniveling victim. They often get so depressed that they lie down and beg the earth to swallow them up. All hope is gone—vanished!

STOP! STOP! STOP! The good news is that God has fantastic things in store just around the corner for you. God knows what is going on in your life and He has the best laid plans set in place for His children. Never give up hope. **1 Timothy 1:1** tells us that Jesus is our hope. And in Isaiah we are told that he is in control. I find that when people let go of emotional baggage, and try to see things from a different perspective—God’s perspective—things CAN and DO and WILL change! If we are willing to partner up with God and trust His Word, our lives will turn around. Our destiny awaits us. God never gives up on us, so don’t you give up on God.

When I find myself in a slump, a blue day attitude, I do a self inventory. Maybe I’m the one at fault here. Beloved, when we search for the answers, the Holy Spirit will reveal them to us; that’s His job. And if that’s the case, I try to be big enough to say, “I sorry!”(It’s never too late to do this). I remember that God created me and I try to remember **who I am in Him**. I’m learning to look at the situation differently and to respond rather than react; it’s an *ongoing process*. Then I can let go of negative thoughts and emotions. Remembering that in God, ALL things are possible I choose to walk in the light of His love and not in the darkness of past hurts, bondages and “stinking’ thinking!”

This is easier to do when I associate with positive people. I try to live every day as if it were my last, because one day it will be and I want to enjoy what the Lord has given me. I want to have a grateful heart for a grateful heart is a happy heart. I don’t want to be plagued with regrets. I choose to chase fear away and embrace life in God’s love. After all, isn’t that what life is all about? To enjoy life and be an example of God’s love. We are His glory and chosen vessels and as he pours into us, we pour out unto others.

God doesn’t mind if we spice up life a bit; He has a sense of humor, so never lose the ability to laugh—do it often— and enjoy life. Don’t try and be super-beings. Allow the Holy Spirit to lead you. Always thank God for His love and protection. Use the talents that God has given you and walk BIG in God!

**Matthew 5:15-16** says, “*Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.*”