

Psalm 121:2

My help comes from the LORD, Who made heaven and earth.

Did you know that it's okay not to be okay?

So many walk around like they don't have a care in the world, and everything is coming up roses. They say that the job is good, the family is good, finances are good, the car is good, their friends are good, the dog is good and even their front lawn looks good. But in reality they are falling apart. They struggle and hate their job, the kids seem to be rebellious and not minding at all, they live paycheck to paycheck and rob Peter to pay Paul, their car has been making a funny sound lately and they need to get it serviced but don't have the money... and on and on

But you know what? Like I said in my opening statement, *"It's okay not to be okay"* Just look in the bible, and you will read of story after story of men and women who were not okay, even all the way back to Adam and Eve with their two sons, where Cain killed Abel. I mean yeah things may be bad right now, but has one of your kids literally killed the other one? I don't think so.

Even when the Disciples were walking with Jesus, there came a point after Jesus taught, that 5,000 men (plus women and children) needed to be fed, simply, they were not okay, because there was a need that they could not provide for, no matter how much they wanted to.

But the real question is not are you okay, because when you are not okay, it just shows that you are like everyone else and that you are human like the rest of us who have our struggles or issues that come up; but rather the real question is, what do you do, or who do you turn to when you are not okay? In your not okay-ness (if that's a word) do you turn to the Lord or to the world?

The disciples turned to Jesus in their not okay-ness, and in return, Jesus fed the 5,000 and the same situation came up again with 4,000 who needed to be fed, and even though Jesus had fed the 5,000, the disciples soon forgot, and they were not okay again, but once again they turned to Jesus, Who made everything okay.

What about you? Do you seek God as a last resort, have you not spoken to God in how long, but as soon as trouble hits, are you quick to turn to Him after you tried all other options, like *"Oh well, nothing else worked, I guess I'll have to try, or turn to God"*

Or are you in the word everyday, in prayer and worship throughout the day, that when something happens, then as part of your daily relationship with God, it's not odd to have to stop your business and reach out to God, because you are in such communion with the Lord that when things are not okay, you reach out to Him, because it's included in your everyday conversation with the Lord, and you know He will make things okay once again.

Also, not being okay doesn't mean that you have little faith, your little or lack of faith is when you are not okay, and you reach out to the world instead of God. But your evidence of faith is when you are not okay, and you reach out to God as a first resort, not a last resort.

† **Romans 4:19-21** *And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah's womb. He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God, and being fully convinced that what He had promised He was also able to perform.*