

It's Ok To Ask For Help

It's ok to ask for help when things seem a little too much
For example, when you break your leg, you temporarily use a crutch
It's just for a little while until your bones mend and heal
So you can get back on your feet – it really is no big deal.

The Bible says that we should prosper and be in health
Based also on your soul and not only your wealth
Affluence and plenty is a really wonderful thing
But when you have loads of money and no peace, it's very hard to smile or sing.

So there are plenty of options, out there, to ease and heal your soul
To reboot, revive, restore and help you to be whole
You don't have to be ashamed or feel hopelessly condemned
Or do life in excruciating pain or walk around overwhelmed.

Prayer is good and the Word a healing balm
Praise really encourages and worship makes you calm
Fasting strengthens and serving confirms purpose
And how reassuring it is that we have a God who we can trust.

But every now and then we need just a little bit more
To help us deal with feelings we've never had before
We need help to cope when we're struggling in a pit
And in spite of all our efforts, we can't get out of that ditch.

Your well-being is important – your body soul and spirit
Not only focused on our physical selves but also emotionally fit
If you think about it – all our parts make us who we are
So let's look after all of us and deal with our scars.

Perhaps you have a creative vein – you like to write or draw or sing
Or perhaps being creative is really not your thing
No need to worry - there are other things you can try
To reverse or change your outlook – your frown into a smile.

I've heard about different therapies that pull you out of gloom
Sometimes it helps to listen to classical music while sitting quietly in a room
Pottery, painting, sports and exercise might to you appeal
Or baking or writing or reading poetry or cooking a lovely meal.

Playing games like Solitaire or Dominoes or Monopoly
Sewing or Arts and Crafts or knitting or embroidery
Massage therapy or pamper days can be quite relaxing
To bring relief to heavy seasons which are stressful and quite taxing

There may be some of us that need a more focused intervention
Formal support or approaches that most don't like to mention
Counselling or group sessions that provide that extra support
So that your emotions you can unravel and carefully and properly sort.

Many Christians shy away from well-being help and interactions
Feeling a bit embarrassed and preferring other distractions
But what we should observe and of particular note take
Is that when we look into the Word an interesting discovery we make.

Our Father encourages us to look inward and Peruse thoughts deep within
To check our hearts and motives that lead us into sin
To purposely elevate our minds to align with heavenly planes
And think the things which are lovely and pure and of an honest vein.

Every time Jesus told a parable, He made people look inside
So they could confront their demons and the negativity that hides
He had a Word of peace for every troubled soul
Pulling out satan's hooks of bondage to make them well and whole.

He helped them to think and helped them to properly see
That from all life's troubles and torments they could be completely free
He told the storm that raged to be calm and be still
And touched and healed and cured all pains and all ills

He took them by the hand and led them to a place of peace
And whispered words of hope that lifted and brought release
And no matter how hard they tried there was no place to hide
The Holy Spirit found them and gave a safe place to confide.

So whatever you may be carrying - that debilitating emotional junk
I'm sure we can find something to get you out of your funk!
So the next time you feel yourself drowning or standing on the ledge
Please remember, before your thoughts crash inwards –
It's ok to ask for help...