

3 Verses to Help You Navigate Loneliness, Chaos This Season

Too many of us feel alone, trapped and confused. And it's not all that surprising, as the world can be a truly tricky, complex and daunting place.

But as the pressures of life weigh us down, we're reminded that there's a source of comfort and calm that *is always available to us*.

Here are three verses to help us navigate loneliness, chaos and pain:

We simply need to seek. We only have to ask. We must humble ourselves. It's an easy decision, but one that too many of us avoid. When the going gets tough, why not talk to the Creator? Proverbs 30:1b (NIV) contains an essential reminder: "I am weary, God, but I can prevail."

Sometimes we forget that, no matter how tired and fed up we are, there's hope for the future. When we are pressed on all sides and feeling overwhelmed, we can—and should—turn to God. Proverbs 30:5 (MEV) proclaims, "Every word of God is pure; He is a shield to those who put their trust in Him."

We're also reminded in Proverbs 30 that we need to humble ourselves before God—and others. Verse 6 tells us not to "add to [God's] words" and we are warned in Verses 32 and 33 (NIV) not to "plan evil":

If you play the fool and exalt yourself, or if you plan evil, clap your hand over your mouth! For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.

As we approach Christmas, and family chaos and consternation are potentially at an all-time (or all-year) high, remember these Scriptures. If you're overwhelmed, turn to God.

And if you find yourself tempted to battle with your loved ones, stop, think and pray.

As I stated in a recent devotional, we all have a responsibility to contain our role in the familial chaos if and when it rages. Simply stated: our words (and actions) matter. As we march toward Christmas Day, let's remember a few important points:

- We don't always need to have the last word.
- It's OK to simply let our loved ones be wrong and silently walk away.
- Two wrongs will never make a right.
- What we say in anger will typically come back to haunt us.
- God calls us to be better, regardless of what the other person is saying or doing.

Let's be better. {eoa}

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