

5 Scriptures to Lean on When You Feel Helpless

Have you ever known someone who seems drawn to self-pity or constantly faces one crisis after another—often of their own making?

The enemy can deceive these people into thinking they are all alone in their distress. They start to see themselves as helpless, victims of their circumstances.

For people in the world, this may be true. However, it is never true for those of us in Jesus Christ!

The Word of God tells us that we have a built-in Helper—the Holy Spirit. When you accepted Jesus as your Savior, the Holy Spirit came to live in you and to be with you:

“But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you everything and remind you of all that I told you” (John 14:26).

It’s important that we know the truth about feeling helpless because the enemy has used that feeling to keep many people in bondage.

Recently, I learned about a psychological condition called “learned helplessness.” When we feel helpless, the brain releases a chemical called ‘beta-endorphin.’ While God created this chemical as a natural painkiller and to create feelings of security, the enemy can twist this emotion.

In their thinking, a person with learned helplessness begins to associate feeling bad with feeling good! So in recreating disastrous situations in their lives or nurturing feelings of self-pity, they are seeking feelings of pleasure or safety subconsciously—the high that beta-endorphin gives!

That is not how the Lord wants His people to live. Thankfully, we can get the good feelings that beta-endorphin gives in healthier ways.

In John 10:10, Jesus says: "The thief does not come, except to steal and kill and destroy. I came that they may have life, and that they may have it more abundantly."

Whenever helpless feelings try to seduce you with their false comfort, you must affirm this truth every time they come calling:

"I am not helpless because the Lord is with me."

Here are four additional Scriptures that you have the Lord's help in whatever situation you are facing:

- "I will lift up my eyes to the hills, from where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot slip; He who keeps you will not slumber. Behold, He who guards Israel shall neither slumber nor sleep" (Ps. 121:1-4).
- "Why, my soul, are you cast down? Why do you groan within me? Wait for God; I will yet thank Him, for He is my deliverance and my God" (Ps. 42:11).
- "Since therefore it remains for some to enter it, and they to whom it was first preached did not enter due to unbelief" (Heb. 4:6).
- "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand" (Is. 41:10).

If the enemy tries to convince you that you are without help and hope, do not believe his lies again. Remind yourself that you have the Lord on your side. If God be for you, then who can be against you?

Your daily choices also determine the level of freedom you

experience in this area. You can have more freedom through:

- Solidifying your daily relationship with the Lord (prayer, praise, worship, spending quiet time in the Lord's presence)
- Renewing your mind to the truth in God's Word
- Eating to support emotional stability and self-control (see the "Feel Good Meal Plan" in the Take Back Your Temple program)
- Adding at least 30 minutes or more of exercise in your daily routine, which increases the natural release of beta-endorphin in the body
- Doing things daily to build joy into your life in healthy ways

These things close the door to the enemy and will help you to experience abundant life in Christ! So resolve today to be diligent putting them into practice.

Now that you know you are not without help, you will be able to declare with confidence in the day of trial:

"I am not helpless because the Lord is with me." {eo}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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