

The Evil Lies You Must Ignore When You Feel Overwhelmed

Do you feel overwhelmed? Does your world feels like it's caving in on all sides at once? Look to Jesus. He's faithful. He will never leave you or forsake you, Hebrews 13:5. God's not angry like the world would have you believe Him to be. Psalm 86:15 beautifully describes the goodness of God toward us: "But You, O Lord, are a God full of compassion and gracious, slow to anger, and abundant in mercy and truth." If you allow Him, He protects you. Second Thessalonians 3:3 says it like this, "But the Lord is faithful, who will establish you and guard you from the evil one."

Sometimes you can feel overwhelmed because you focus on the problem, and in doing so, you wind up magnifying your enemy, the devil, when in reality the things he whispers to you are just lies. In John 8:44, Jesus calls him the father of all lies—half-truths. The devil takes the Scriptures and twists them, and he makes his lies believable to you, and once you grab hold of his lies, they then can produce in your life. And again in John 10:10, Jesus calls the devil "the thief" who comes "to steal and kill and destroy you" (John 10:10). So you need to be careful what you are dwelling upon, the promises of God or the devil's lies.

When you feel the negative reports or circumstances are too much to bear, you need to get a way to a quiet place with the Lord, and this does not need to be a physical place, but a spiritual one. Matthew 6:6 instructs us: "But you, when you pray, enter your closet, and when you have shut your door, pray to your Father who is in secret. And your Father who sees in secret will reward you openly" (Matt. 6:6). Jesus spent much time alone in prayer with the Father, and so should you.

- After He had sent them away, He went up on the mountain

by Himself to pray. When evening came, He was there alone (see Matt 14:23).

- Early in the morning, while it was still dark, Jesus got up and slipped out to a solitary place to pray (see Mark 1:35).

The next time you feel overwhelmed by life, remember to keep your eyes focused on the love Jesus has for you. Ponder upon His love, mercy and lovingkindness He feels for you. Be comforted in the fact that He wills to protect you. And spend time alone with Him in prayer until His strength takes over in you. {eoa}

Becky Dvorak *is a prophetic healing evangelist and the author of DARE to Believe, Greater Than Magic and The Healing Creed. Visit her at .*

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