

Why It's OK to Admit You Are Not OK

Sometimes it's hard to express your feelings to the people around you. Not because you're afraid of what they'll say, but because our culture doesn't seem to be very keen on being honest about their pains.

The reality is that way too many people are putting on a facade of perfection in order to keep people from knowing how they are truly hurting. It's as if everyone feels like showing pain is a sign of weakness.

I'm here to tell you that it's OK to not be OK sometimes. It's okay to admit that you're hurting, broken or even confused about your current spot in life. It's OK. Remember, even Jesus himself wept.

1. It's OK to cry. There is nothing wrong with crying and letting out a few tears. Whoever said crying is for babies was a liar, and definitely never watched *The Notebook*. The reality is that even Jesus himself wept and crying can sometimes be the relief you need to move on and regroup. Showing emotion is good for the soul, and crying has been known to help regulate depression, anxiety and even stress.

2. It's OK to get frustrated. No one has the answers to everything, and even the smartest of people in the world find themselves frustrated sometimes. It's OK to not know the answer, solution or reason for things that have taken place. The light at the end of the tunnel is knowing that God has everything under control, even when we ourselves do not.

Don't let anyone tell you it's wrong to get frustrated. Sometimes frustration is the breeding ground of change.

3. It's OK to get stressed. Let's face it—stress is

unavoidable. I'm not saying it's going to consume your entire life, but stress is one of those things that all of us will eventually encounter in one way or another. When you come into areas of your life that are considered stressful, realize that it's only going to last as long as you allow it to. Stress is unavoidable, but allowing it to control your life is not. It's OK to be stressed sometimes, just don't let stress become who you are.

4. It's OK not to understand. Not everything is going to have an answer, but that's where the beauty of faith comes in. There are circumstances and events in your life that you aren't going to understand, but you have to realize that it's OK not to know all the answers. There is humility in saying "I don't know." And frankly, sometimes admitting that you don't know is the first step in finding peace and comfort in your situation. Don't let anyone tell you that it's wrong to admit you don't understand.

It's OK to not be OK. Job, Elijah, Jonah and Abraham were all men throughout the Bible who dealt with incredibly hard times, but God continued to see them through their pain. It was OK for them to not be OK.

Why? Because they were human, and God created us to feel all kinds of emotions. {eoa}

Jarrid Wilson is husband to Juli, dad to Finch, a pastor, an author, a blogger, founder of Cause Roast. He helps people live a better story.

For the original article, visit .