

Get Real With God

If you don't deal with your emotional pain, it will deal with you and your loved ones. Pretending it doesn't exist won't help you get emotionally fit.

When a warning light comes on in a car, putting a piece of black tape over it won't fix the car. When a car

is broken, it needs to be taken to someone who knows how the car

works and understands how to fix it.

For a long time, I pretended that my pain didn't exist. I covered up my warning signs. My life did break

down, and I was forced to face my feelings the night I came close to

losing my life to a drug overdose.

Suddenly, I was thrown onto a road of

reality. I had to face the fact that I was a drug-addicted, D-student, self-destructive teen-ager going nowhere in life.

I had to "get real" about who I was

and who I was becoming. A few years later, I finally got real with

God.

If we are not honest with Him about our

emotions, we will die inwardly. God is the God of truth—and only

the truth can set you free (see John 8:32).

If you are having trouble identifying

what you are really feeling and why it's affecting you, pray and

ask God to show you any hidden hurts that need to be healed. Come out

of the shadows into His glorious light and be set free to fly!

Have you ever thought to yourself, I

shouldn't be feeling this way? Why can't I be joyful about

this?

It's time to get real with God. Voice
to God your bitterness, your jealousy, your envy, your hatred
and
your resentment.

The Scripture says, "Be anxious for
nothing, but in everything by prayer and supplication, with
thanksgiving, let your requests be made known to God" (Phil.
4:6,
NKJV).

Many times we tell everybody but God
how we feel, but we must never forget that He loves us despite
any
emotions that we are experiencing.

God sees behind the curtain that covers
your heart. Don't give a performance for God; invite Him into
the
dark rooms where you hide your pain.

He promises to be your strength when
you're weak. He will be a light in your darkness.

So get real with Him. Don't hide your
emotions in your heart. Confess them to God, and ask Him to
give you

His strength to walk in the Spirit and not in the flesh.