

## **Getting Un-Stuck**

Everyone experiences a dose of "the blues" due to disappointment when life doesn't go as planned. We may have counted on a raise, help from a friend, or may not have received the praise we thought we deserved. In our culture the "me" generation still seems to apply. Although it's a natural reaction to hurt or disappointment to study it over and over this actually can keep us stuck, rather than growing. There are disappointments in life where there is no one to forgive, yet we just feel sad. God's Word reveals to us the importance of helping others in our own time of need. Most people have allowed themselves "pity parties." This may feel good in the short term, however in the bigger picture it can keep a person stuck. This type of self focus may lead selfishness instead of emotional health and spiritual growth. Our spirits, souls and bodies all intertwined, so that one area of malnourishment will affect the others. It is important to take the time to pray and share our disappointments or hurts with the Lord and trusted friends. As a part of the process it is also important to take our eyes off ourselves so that we can give out of our own need. We can ask the Lord to help us do this in His love and strength. This may seem opposite of worldly wisdom yet this is how we are designed. Try thinking of someone you can bless with a smile, or a card. There are numerous simple ways to bless people including praying for them. This is part of whole living by design.