Daily Devotion #152

**Overwhelmed**

**Matthew 6:34 (NASB)** *"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*”

Just living life can be a challenge. We all want certain things to be a certain way. We all grow up learning a certain pattern for our lives, and when that pattern gets distorted, it can be very frustrating. For example, most people have plans for the day and for the week and even into the next month or maybe even years. And they work hard to make those goals and see those things happen. And when they don’t turn out as expected, it can be very frustrating.

Sometimes we can get overwhelmed with life and all that is required of us. We have the great blessing of being in a country where we have most everything at our fingertips, literally. We also have the privilege of picking and choosing how we want our day to go, for the most part. But we all grow up learning that if there is going to be enough food on the table and or the material things we need and want, we have to work for them.

On top of making things happen to provide for ourselves, we have other pressures such as taking care of others. Moms and dads find that their days are consumed with caring for the little ones or even older ones. And even when the roles reverse, like when the child is now caring for the aging parent, it can seem there is little to no break in the day.

For the younger families there are trips to the day care or school, packing lunches, helping with school work, making sure clothes are clean, feeding the dog, filling the car with gas, taking out the trash, and let’s not forget making sure you didn’t forget to pay the electric bill. And what about the days your kids are sick or you are sick. All of this makes you want to retreat to the bedroom and cover yourself with your blankets and let someone else do it all.

As we grow into adulthood, we learn that this is just life. Life is busy, and it can be very overwhelming. Thankfully our Lord knows that. He knows it because He is God and because He lived it while He was here. He felt all the weight everyone else felt in life, but He knew something most people forget - His Father is always in control. And He knows everything we have need of in life.

He knows how overwhelming life can be. So He said to us, basically, take life one moment at a time. You and I have no control over the next day or even the next minute. And even at that, we breathe every breath only because God gives it to us. So, graciously, kindly, and lovingly the Lord says not to get overwhelmed with your life. Don’t let the cares and the things you have to take care of cloud your joy. There will always be things to do and places to go and people to see. There will always be another issue to deal with or resolve.

I hear the Lord saying to all of us to take a breath. Relax, and understand the main point, that God is in control of our lives. He is never overwhelmed or wondering how He will help us get the next thing done. In fact, in this same section in Matthew’s Gospel, the Lord says that God will meet all our needs. All of them! That doesn’t mean we don’t have to get up each day and do what we know to do. The point is, we do what we know to do, believing He is there always to help us.

Take time today to just rest in knowing that God is with you. He will help you get through the next thing, even if it seems menial. He loves us and delights to work in us and to give us what we need. He is our Father, our daddy. He can handle everything that we cannot.