

Help! I Am at



My Wit's End!

By Karen Sue Nyquist

Cambridge Dictionary definition - "at my wit's end - to be so worried, confused, or annoyed that you do not know what to do next." It means that you are are feeling: worried, concerned, anxious, apprehensive, stressed, fearful, distraught.

1. Are you feeling overwhelmed? Faced with many difficulties? Do you identify with some of the problems below?



Addiction - I am drinking too much, can't control my drug use, pornography, . . .

Child - My child is falling behind in school, making bad choices, has bad friends, rebelling, withdrawing, . . .

Concern over society - my neighborhood, country, world, politics, economy, . . .

Finances - I lost my job, can't pay bills, debt is overwhelming, might get evicted or lose the house, . . .

Grief over a loss - I am grieving over a death, divorce, abuse, rejection, runaway, theft, destroyed dreams, . . .

Health - I (or your loved one) am sick, in pain, getting worse, serious doctor's diagnosis, . . .

Household - We are arguing, stressed, depressed, cabin fever, violence, dangerous, . . .

Mental or Emotional Issues - can't control thoughts, moods, imagination, dreams, . . .

2. When feeling overwhelmed people often make bad choices.



When overwhelmed, people often turn to: food, drugs, alcohol, bad advice, and unhealthy relationships for comfort. Others respond by becoming withdrawn, depressed, desperate, suicidal, aggressive, violent, lawless, . . . **(If you are in danger call the police or a help line. If you are considering doing violence to yourself or to others, call a helpline.)**

Realize that everyone goes through hard times and can become confused. It is important to realize that we all need help sometimes.

3. If you are seeking help, call on God. Why? Because God cares for you and wants to help. "casting all your care upon Him, for **He cares for you.**" (1 Peter 5:7) "The Lord *is* my **helper**;" (Hebrews 13:6). **God can help you change for the better**



Unloved to loved - "Yes, I (*God*) have **loved** you with an **everlasting love**; Therefore with lovingkindness I have drawn you. (Jeremiah 31:3)

Sorrow to joy - "For I will turn their mourning to **joy**, Will comfort them, And make them rejoice rather than **sorrow**. (Jeremiah 31:13)

Worry to peace - Jesus said, "Therefore **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' . . . But seek first the kingdom of God and His righteousness, and all these things shall be added to you" (Mathew 6:31-33) "**Peace** I leave with you, My **peace** I give to you." (John 14:27)

Distress to comfort - Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and **God of all comfort**," (2 Corinthians 1:3)

Discouragement to hope - "Happy *is he* who *has* **the** God of Jacob for his help, Whose **hope is in the Lord** his God," (Psalm 146:5)

Fear to trust - "In God I have put my **trust**; I will **not fear**." (Psalm 56:4)
Burdened to rest - "**Come to Me**, (*Jesus*) all *you* who labor and are **heavy laden**, and I will give you **rest**." (Matthew 11:28)
Confusion to guidance - "I will instruct you and teach you **in the way you should go**;" (Psalm 32:8)
Sick to healed - "Then Jesus went about . . . **healing** every sickness and every disease among the people." (Matthew 9:35) "**Jesus Christ is the same** yesterday, today, and forever." (Hebrews 13:8)
Ashamed to forgiven - "Whoever believes on Him (*Jesus*) will not be put to **shame**." (Romans 10:11) "in whom (*Jesus*) we have redemption through His blood, the **forgiveness of sins**. (Colossians 1:14)



4. If you are seeking help, call on God. How? These actions will help you.

Praying - "Be anxious for nothing (*don't worry*), but in everything by prayer and supplication, with thanksgiving, let **your requests** be made known to God;" (Philippians 4:6)
Waiting for God's direction - Don't make any hasty decisions, wait for God's answer. Jesus said, "But the Helper, the Holy Spirit, whom the Father will send in My name, **He will teach you all things**, and **bring to your remembrance** all things that I said to you." (John 14:26)
Talking to a strong Christian - "The mouth of **the righteous speaks wisdom**" (Psalm 37:30)
Reading the Bible - "Your word *is* a lamp to my feet And a **light to my path**." (Psalm 119:105)
Going to church - "Let the word of Christ dwell in you richly, teaching and **admonishing one another in all wisdom**, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." (Colossians 3:16)

5. What may stand in the way of you receiving God's help? Un-repentance!

Un-repentance, being unwilling to show **repentance** toward God and faith toward our Lord Jesus Christ. (Acts 20:21) But God is willing to help! "knowing that the goodness of God leads you to **repentance**" (Romans 2:4)

6. A suggested prayer . . .

Do you want to repent now and turn toward God and Jesus? You can pray to Him now. Here is a suggested prayer. "Dear Jesus, forgive me for all my sins and cleanse me from all my sinful ways. I repent from trying to live my life my way and ask You to be my Lord. Make me the kind of person You want me to be. Right now, Jesus, I open my heart and receive You as my personal Lord and Savior. I want to have a new vibrant relationship with God. AMEN!"



Name _____ Date _____

Now that you have asked Jesus into your heart, He will start revealing Himself to you. But to steadily improve your relationship with God, spend time with Him. Start talking (praying) to Him. Read His book, the Bible, where He reveals Himself even more clearly. Daily, ask Him to become involved in your life and request His advice, direction, even correction. Obey Him when He reveals His will to you. Spend time with others who love God too. Go to a good church where you feel God's presence, they preach the Bible, and you can fellowship with other believers. We learn much about God from each other.



GOD BLESS YOU! NationTakers Ministries

856 Cabrillo St., San Francisco, CA 94118 - Mail P.O. Box 27475, San Francisco, CA 94127

1(415) 337-7027 info@nationtakers.com www.nationtakers.com

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