



Distressed And Pressed?

Let, I pray, Your merciful kindness be for my comfort, according to Your Word to Your servant. ~Psalm 119:76

Perhaps you've been feeling worried about all the changes that have been happening around you lately. Maybe you've lost a job. Does everything seem to be happening so much faster these days with all the communications technology--are you on info-overload? does it seem like hardly anyone has enough margin built into their cram-packed lives anymore? How can people even begin to process it all?

Do you remember Noah? He didn't have a 3G cell phone, but he was exposed to really huge and tragic circumstances in his day that might have made him feel overwhelmed at times. Who knows? But Noah could have opted to worry about things and stop his arch building. He could have literally worried himself to death if he wanted to.

After all, he went through a gargantuanly massive catastrophe with killer flood results ..far worse than any Tsunamis tidal wave destruction that we've seen. And he sure tried his best to warn the people back then ..in love, but they just wouldn't listen to the truth.

We know that Noah was a pretty strong and courageous man of character. After the fact, he could have been so beyond "traumatized" by that most violent catastrophe in all of history. I sure don't know how I could have made it through all those deep waters, seeing his floating friends who disregarded all his warnings. How sad! How could he handle all that distress?

Surely Noah must have known a bit about the paralysis that can come via fear or the rad-paranoia feelings that come to humans via worry during basic trauma. But he also knew by first-hand experience that the God of the storm ..is also the God of all comfort, the One who can be merciful and bring good to people after all the bad has arrived. He surely knew that God was able to calm his own fears, as he kept his focus firmly dead-bolted on God his stable loving Maker.

Today some of my friends are justifiably so tired of being overwhelmed by the media regarding the passing away of celebrities..in, you know how the media deals with I allt. They seem to be passing right by other way important things happening too. Neither of those individuals were anything like Noah, but stuff like that can feel huge to many strangers to it (and of course is HUGE to family). You know how the biased media always hype everything that's Hollywoodesque

..into a monumental mountain for ratings and block other important stuff. How come the media didn't mention anything here about how Congress passed the Cap and Trade deal here this week, that Wall Street will probably clean up with? I personally haven't been watching the news reports and it's actually been better for me, but it is sad for me to see how hard some people around me are taking it. Whole lots..gobs.. going on these days.

It seems like high, low, and medium profile people are getting hurt, blown about.. and bothered by so many different things going on all around the world. Man, when will it all end? God knows.

Jesus feels for them in their pain, we can be sure of that. It was interesting to hear how Actress, Elizabeth Taylor, spoke of her love for MJ saying, **"I can't imagine life without him... I'm going to miss him... I was packing up my clothes to go to London for his opening when I heard the news. I still can't believe it. I don't want to believe it... He will live in my heart forever but it's not enough. My life feels so empty."**

And just think about all those quickly-forgotten-by-many ..that got killed in the Iran protesting. Man, that really bugs me. We haven't even been able to see most of what is happening there ..due to the government's info-black-out.

Has something uber-rough in this life left you feeling worried, troubled, or majorly beat up, or simply worn out.. worn down, or even like Ms. Taylor feels.. left you recognizing how radically empty you really are inside?

Jesus Christ is still the only One who is meant to fill up that emptiness inside you! You were created for a warmhearted great friendship with Him with no sin-blockages.. and He longs to comfort you when you are hurting! Is He living on the inside of you? Are you allowing Christ to heal and minister to you? Let's refuse to be tossed about! Need Solace? The Bible says...

"Blessed be the God and Father of our Lord Jesus Christ.. who comforts us in all our tribulation." 2 Corinthians 1:3-4

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me." Psalm 23:4

"Therefore comfort one another with these words." 1 Thessalonians 4:18

"You shall increase my greatness, and comfort me on every side." Psalm 71:21

I'm far from being a doctor who knows about this stuff, but recent medical studies have shown us that worry actually attacks people's central nervous system, attacks their circulatory system, and even their digestive system in their bodies. Charles Mayo, of the Mayo Clinic, said, "You can worry yourself to death, but you cannot worry yourself to a longer life."

We must stay focused on the Lord when we feel like being distracted... I mean really knowing the Lord when we feel like being too busy for Him. We can receive His comfort and choose not to worry as we trust Him today.

Have a prayer request or some questions about knowing God ..and how to properly walk in Jesus Christ? At fish4souls.org click "[Contact](#)" and let us know! Perhaps we can help. Follow.. [Facebook.com/ShareJesus](https://www.facebook.com/ShareJesus) or at [Twitter.com/kurtwvs](https://twitter.com/kurtwvs)

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