

## Help From the Inside Out

At times we may find ourselves caught up in all that is going on around us. Activities, work, school, family, church .... life. Before you know it we feel overwhelmed and at a loss to know what to do next or even how to do it. Have you ever felt that way? I have.

At some point we need more than good advice—we need help. Help from the inside out. We've tried everything we know to do and find all the outside stuff doesn't work. Where does this help come from? Not near us, not above us. Not around us. But in us. In the part of us we don't even know. In the heart no one else has seen.

In John 14:16,17 Jesus says, "I will ask the Father and He will give you another Helper to be with you forever—the Spirit of Truth." And Col. 1:27 says "... Christ in you, the hope of glory. To know Truth, to experience hope and to get help from within us is an amazing thing. If you've tried everything else and it's not working try inviting Jesus to live in you, to help you and draw on His power within you.

It's been said that your heart is a fertile greenhouse ready to produce good fruit. Your mind is the doorway to your heart --- the strategic place where you determine which seeds are sown and which seeds are discarded. The Holy Spirit is ready to help you manage and filter the thoughts that try to enter. He can help you guard your heart. He stands with you on the threshold. A thought approaches, a questionable thought. Do you throw open the door and let it enter? No! This is the first place you need your "Helper". Pay attention and don't leave the door to your heart unguarded. You stand equipped with handcuffs and leg irons, ready to capture any thought not fit to enter. If your thinking is controlled by the Holy Spirit, there is life and peace. If you allow your thinking to be controlled by another person or thing, then you lose your peace and find hopelessness, despair and destruction instead.

For you who may not have experienced peace or the way of peace, you may have been looking to fill the empty places inside with many other things and may not know how to get peace or even that it is peace within that you are looking for. Romans 3:17 says, "And they have no experience of the way of peace ( they know nothing about peace, for a peaceful way they do not even recognize). How can you possibly recognize something you don't know?"

So if you are one who is looking for peace, stop allowing yourself to be agitated and disturbed; and do not permit yourself to be fearful and intimidated and cowardly and unsettled. Do not let your heart be troubled, neither let it be afraid. Reach out to receive peace. Jesus said, Peace I leave with you; my own peace I now give and bequeath to you. Not as the world gives do I give to you." "For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome."

Receive Jesus and receive peace. It's just a matter of taking the step of courage to ask and then reach out and take. He's ready and willing to give when we ask.

Submitted by Ray and Leslie Johnson, pastors at Resurrection Life