



Can God Help Me?

I get depressed sometimes.

Can God help me deal with discouragement?

Do you ever feel that things you do really don't make a difference?

Is it sometimes difficult to see the results of your hard work?

There are many times when we may ask ourselves, "What's the point? Why do I keep trying?"

I know a man who, by no fault of his own, can't seem to keep a job for more than a year or two. He's to the point where he expects to be laid off whenever cutbacks happen. Discouraging? Yes, definitely.

When events in our lives lead us to be depressed or discouraged, two reactions come rather easily to us. The first is blaming God for the problems. The second is thinking that somehow God is punishing us for something we have done. However, neither of these reactions is correct.

The problem lies not with God; it lies with sin. All of life's problems come as a result of living in a world filled with sin. These problems include layoffs at work, health problems, family issues, and others. We'd have

to get rid of sin to remove the troubles and problems that discourage us. But that's something we could spend the rest of our lives trying to accomplish and never complete the task. Thankfully, God accomplished what we are unable to.

We deserve to be sentenced under the judgment of God for everything we do or say or think that violates God's will for us to live perfect lives. But the Bible gives us the good news from God that "as far as the east is from the west, so far has he removed our transgressions from us" (Psalm 103:12). In tremendous love for us, God took away all of our sins and laid them on Jesus. He charged his Son with our guilt. Jesus, our Savior, suffered the punishment that we deserved. He died to free us from eternal death.

Even though we experience discouragements in our life, nothing can take away the peace we have in Jesus, who took away our sins. Through faith in our Savior, we are children of God. Every day God is at our side, helping us through difficult times. Confidently trusting in him, our discouragements melt into the calm assurance that our loving God is always leading us.