

Overwhelmed

March 3

Read: Matthew 26:39-46

Nico Human

We enjoyed a fun, albeit brief, vacation early this year. I returned to countless e-mails that piled up, telephone message slips stacked high on my desk, and many deadlines looming. To add insult to injury, I would sit trapped in a meeting and feel my electronic berry vibrate every few minutes in my pocket. Another e-mail or missed call needed following-up! A feeling of being overwhelmed, of losing control, came over me. It felt like drowning.

A business coach-friend suggested I first recognize the feeling of being overwhelmed as a negative emotion, then stop, move away from the problem and reframe my thoughts before tackling the problem head-on. This approach helped, but only partly. I needed more.

I turned to my Bible. What did Jesus do when he felt overwhelmed? Matthew 26:39ff tells us what Jesus did just before his arrest, in the hour of His greatest need. Jesus prayed repeatedly. He did not let his focus slip. Then He simply faced the problem head-on, in faith and with dignity.

Reading this put my problems in perspective. It gave me the reality check I needed. It showed me what to do to persevere. First pray, then persevere. What a great example!

Prayer: Lord Jesus, I'm usually too much in a hurry to pray. As I follow you on this journey to the cross pull me aside. Help me to see the greater blessing in communing with you. AMEN
