

Our Emotional Response to Uncertainty Makes Us Feel Overwhelmed

Yes, it's our emotions (i.e. our soul stirred up by our mind) that's responsible for making us feel overwhelmed. So when that occurs, where's our faith? We've lost it. There's so much pressure put on us to "have faith", that we focus on our faith instead of trusting Father. That's the reality.

We had that reality brought home to us in a recent message from Father, where he showed us our misplaced thinking in regard to faith:

"That's what faith is, putting trust in me, not faith that you have faith. If you don't understand 'trust', the next time you sit on a chair, think about how much you are concerned about that chair collapsing under you. Realise that you have total faith in that chair to support your weight. That's what trusting me is like. You put your trust in me, switch off and leave it with me. It's as simple as that. That's what I'm looking for from my people..."¹

Our King instructed us on this recently:

"When you feel overwhelmed, do not take yourself too seriously. Get quiet and examine the situations that make you feel threatened, and be reminded that this is momentary. It is your emotional response to being uncertain of the outcome. This is a time to be strong in faith and trust that I, the Lord, am with you to bring you through. You are in my hands."²

When we feel overwhelmed at any time, we're giving in to fear and not trusting Father implicitly to oversee our life and affairs. Fear originates in our thinking and manifests in our emotions. That's a great example of why we must bring our mind and soul under the oversight of our spirit so that we live in peace and rest. Father's peace is there for us, but it's our natural self that shuts it out of our lives.

Laurence

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(www.CanberraForerunners.org)

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – CCOP MESSAGE: "Buckle-up" (9-9-2023) canberraforerunners.org/wp-content/uploads/MESSAGE-Buckle-up-9-9-2023.pdf

2 – Marsha Burns "Small Straws in the Soft Wind" Oct. 2, 2023) ft111.com/smallstraws.htm [ARCHIVE: ft111.com/straws2023.htm]