

## **You'll Never Walk (Or Stumble) Alone**

*"I can do all things through Christ who strengthens me."* Philippians 4:13

Watching people is a favorite pastime of mine during my frequent air travels. The other day I saw a small child being pulled along by his father who was trying to make a flight. This boy was uncooperative and at one point stumbled and began to cry. His dad stopped, kindly picked him up and carried him the rest of the way.

Ever feel like that boy? You want to stop and check out the excitement but feel God pulling you along too quickly. Our lack of concentration means that we sometimes stumble and fall – some label these feelings as burnout or stress. The tumble should make us turn to God and feel His comforting arms carrying us.

During one of my recent stumbles a friend prayed with me and asked God to reveal which of my hopes and dreams needed released. God's revelation to me was to give to Him my dream of a relationship with a family member. Once I released this person to Him, I felt the relief of His peace and knew that I could handle my numerous tasks because *"I can do all things through Christ who strengthens me."* (Philippians 4:13). Eventually, the Lord would somewhat restore that relationship but only in His time.

God knows our stress threshold and can bring us to a burnout point to get our attention focused back on Him. Next time you feel this way request prayer from a godly friend. Take a break and allow Him to pick you up and carry you to the next gate.