

MOMENTS OF SADNESS, WHAT CAN WE DO IN THESE TIMES?

There are moments in life, when we will feel some sort of Sadness, and that can be from many different things. What is the best thing you can do when you're feeling depressed or sad?

Praying and talking to YAHUVEH GOD, to YAHUSHUA (JESUS) and asking them to help you, to comfort you and bring you peace and help you get through whatever it is you are sad about.

Talking to a trusted person, someone who can pray for you and with you can greatly help too. But remember we are all individually needing to fight back spiritually and be on guard and we all need to develop a close one-on-one relationship with YAHUSHUA (JESUS). I am not saying that you cannot go to someone for help I am simply saying just remember to go to YAH first, and rely on HIM 1st

Sometimes sadness can come and we can feel down, and or depressed because we didn't start the day right, with our Spiritual breakfast. We didn't pray, or, rebuke the devil we just gave into the sadness and depression. It is so important that we go into prayer whenever we feel sad, depressed, angry,

frustrated whatever it is you are feeling we have to be on Guard to know the devil know's our weaknesses and we must keep our Armor on.

We must test the SPIRIT that speaks, we must be on guard when we are feeling hopeless, when we are feeling angry, when we are feeling down, what ever it is, be on guard and recognize this is NOT from YAHUVEH GOD, this is NOT from YAHUSHUA. Nor is self pity, be of courage, we have our Blessed HOPE, who is our Blessed HOPE? YAHUSHUA our LORD and SAVIOR, HE is always there to help us when we fall. HE is always there to help sustain us when we are weak.

It's ok, to cry to HIM to vent to HIM. It is not good if you are bottling it up and then allowing your heart to become hard or bitter, be careful to not allow this to happen. Just talk To HIM like you would do to a best friend. With HIM by our side, we can truly do all thing's. Just like HIS word says.

We are never alone and are never forsaken, even though at times we may feel this way in our flesh. In these moments it's so crucial to hold on to what HIS Word says, what is truth? what is lies? be on guard and rebuke out anything that you know is a lie anything you know is NOT lined up with HIS Word this is why HE tells us to test the SPIRIT that speaks. and warns us to be on guard, against the enemies attacks

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Now, I want to mention for the moments when we are dealing with grief, this is different than just feeling sad or depressed, out of the blue right?, now with grief it can have its roller coaster moments, and this is common where you can feel one stage then another, etc. I just wanted to point out that it's ok to allow yourself to grieve, as we are discussing the topic of sadness, and when you are feeling low etc and the need to rebuke out the devil in these moments, now with grief it's ok to allow yourself to work through the emotions, and praying to YAH and allowing HIM to help comfort you in these times.

When you are feeling angry, bitter, frustrated, sad, It's better to let it all out and be open and be honest. HE knows already, and wants us to Seek HIM. In HIS word HE says, "You will seek me and find me, when you seek me with all your heart." Jeremiah 29:13
HE wants you to rely on HIM and come to HIM, as HE will help us to be able to carry on, to push onward

HE knows our hearts, our thoughts, our feelings. What concerns us concerns HIM. We can always trust HIM and HE ultimately knows what suffering is like for HE paid the price for us so we could be set free of our sins, HE understands sadness too. HE walked this earth as Human, so HE can sympathize with us.

Verses can help you too when your feeling sad, or mad, whatever is your facing, I encourage you to SEEK HIM with your whole heart, and seek HIM in prayer and reading some verses. It will help, you and encourage you and strengthen you.

Here are Some of My Favorite ones that can help you too:

When you are feeling Sad that can comfort you and help you:

But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.

- Matthew 10:30-3

“Let not your hearts be troubled. Believe in GOD; believe also in me.

- John 14:1

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

- Isaiah 26 ☺

The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all.

- Psalm 34:18-19

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- 1 Thessalonians 5:16-18

Therefore encourage one another and build one another up, just as you are doing.

- 1 Thessalonians 5:11

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

- Romans 8:18

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

- Revelation 21:4

Reach out to HIM and ask HIM to help you, HE is there for all of HIS children. We can do all things through HIM who gives us strength (phil 4:13)

What are some of your favorite verses that help you? Especially when your feeling down?