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Daily Devotional - Wednesday, April 24, 2019 - When We Feel Helpless

APRIL 24TH 2019 BY DEE LOFLIN

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Psalm 119:145-160

We love [movies](#) that capture our attention with tales of people who are trapped, helpless, and frantically looking for a way of escape. However, this is not something we want in real life. Yet when it happens, we immediately start looking for the way out and beg God for rescue through physical healing, changed circumstances, or additional provision.

Have you ever considered that spiritual rescue is even more important than physical deliverance? Although Jesus has freed us from the penalty and power of sin, there are times when we feel helpless in the face of sinful habits, emotions, rash words, and ungodly thoughts. That's when we need to follow the example of the psalmist and cry out to God for spiritual rescue.

Admit your helplessness to God. In yourself, you have no power to overcome sin. But God's Spirit within you is almighty.

Confess any sins, fears, unbelief, or self-reliance. Surrender all further attempts to change by self-effort, and make no provision for sinful desires.

Turn your gaze toward God. Think about who He is, what He desires, and what He has promised.

Fill your mind and heart with God's Word. Meditate on it. Ask Him for wisdom and strength to follow Him with reliance on and submission to His Spirit.

Trust God, and wait upon Him to change you from the inside out. Although salvation occurs in a moment, sanctification is a lifelong process.

A time will eventually come when the helpless feeling departs and is replaced by the joy of obedience. When that happens, give God the glory.

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