



BECKY COMBEE MINISTRIES, INC.

BEYOND MELTDOWN

From time to time, everyone is tempted to collapse in despair. We may not want to admit it, but sooner or later the circumstances of life rush toward us at breakneck speed and if we are not walking with God, we fall prey to physical and emotional upheaval. In distress, we raise our voices saying, "I can't do this. This isn't fair." Moved by fear and overcome by thoughts of doubt and unbelief, we retreat from God's promise, at least temporarily, and peace becomes a fleeting moment of yesterday.

The nation of Israel is one example of this type of overwhelming distress. Every generation from Abraham to Moses knew God's promise of a new land, an inheritance that flowed with milk and honey. When God told them of this land called Canaan, He said that the land was presently inhabited and named the various people that lived there. Yet, when they arrived in Canaan, they were completely taken aback by the inhabitants of the land. They fell into such distress that they wept all night. (Num 14:1) In rehearsing this event forty-five years later, Caleb said that the heart of the people melted. (Jos 14:8)

Israel fell apart when what they had seen and heard dominated their minds, upending the precious promise of God. The report of their physical senses routed out God's promises until failure and loss was inevitable. Even though Joshua and Caleb encouraged them saying "God is with us," they could not be persuaded. Fear had overwhelmed their heart.

Elijah

Another great example of uncontrollable fear is found in the life of Elijah. After Elijah killed the prophets of Baal, Jezebel sent him a message that she would kill him within twenty-four hours. Certainly, this is not good news. But what did Elijah do? He ran for his life. Then, sitting under a juniper tree, he said, "It is enough; now, O Lord, take away my life." (1Ki 19:3-4)

Oh, but our Father is so merciful. He spoke to Elijah in a still small voice and corrected his thinking. Elijah was sure that he was the only one left who served God. Yet, there were 7,000 others who had not bowed to Baal. Elijah was not alone.

The Answer

The answer for Elijah was found in a Word

from the Lord. When he received God's directive and acted on it, he was revived. In contrast, Israel had God's promise, but rejected it. By so doing, Israel lost the opportunity to live in God's Promised Land. Forty years later, a new generation under the leadership of Joshua successfully claimed God's promise.

We must not cast away our confidence in God and His Word. It is the Word of God that anchors our soul. Without the Word of God, we are like a ship drifting at sea. When the fierce winds blow, we drift farther and farther from land. Far from rescue! Far from peace!

Yet, the Bible promises us perfect peace - peace beyond understanding. In Isaiah 26:3, we read "Thou wilt keep him in perfect peace, whose

We must not cast away our confidence in God and His Word.

mind is stayed on thee: because he trusteth in thee." Israel failed because her mind was not on God or His promise. Even though God said many times, "I give you the land," they were consumed by the report of their physical senses. They saw only the giants in the land and that vision caused them to fail.

David

But, what a wonderful example David is to us. Unlike Israel who collapsed before the children of Anak, he faced the giant Goliath without dread or fear. He said, "This day will the Lord deliver thee into mine hand." (1Sam 17:46) His confidence in God was unshakeable!

Two factors contributed to David's confident stand against Goliath. First, David remembered the time God delivered a lion and a bear into his hand. In Hebrews 10:32, we read "Call to remembrance the former days." This is exactly what David did. He remembered past victories and was certain that today would also be a day of victory.

It causes great trauma when we look over our shoulder at every bump in the road, every struggle, every pain and sorrow. Surely, a prolonged look at yesterday's difficulties will cause us to weep and wail as Israel did. It promotes meltdown. But, the Scripture says "Cast not away therefore your confidence." (Heb 10:35) This is only possible as we remember the God of yesterday's victories and hold fast to His Word. David relied upon God, holding fast to His promises. He knew Israel had a covenant with God and he knew that God would fulfill His covenant.

Finally

These examples make the path of victory so very clear. Trauma is routed when we correctly answer the question, "What does God say?" While Israel rejected God's promise, David clung to it. David won! Israel was defeated! Elijah entertained distress, but walked away free when God spoke to him. The Word of the Lord promoted Elijah's victory.

What does God say to you today? Can you wipe away your tears and embrace God's wonderful promises? Yes! Yes you can! Meltdown is not a fatal disease. There is a cure! It is the Word of the living God.



"For feelings come and feelings go, and feelings are deceiving;

My warrant is the Word of God, Nought else is worth believing.

Though all my heart should feel condemned, For want of some sweet token,

There is One greater than my heart, Whose Word cannot be broken.

I'll trust in God's unchanging Word, 'till soul and body sever;

For though all things shall pass away, His Word shall stand forever."

(Martin Luther)