

What To Do When You Don't Know What To Do

We live in a world where anxiety has continued to grow and take hold of people, leaving them completely unsure of what to do to mend their lives. Christians are not immune, and despite having the word of God, they still become completely lost and unsure of what they must do to escape their struggle. If anyone has experienced this, then first remember you are not alone; many experience the issue of not knowing what to do to make things change. Randy Simmons, author of "What To Do When You Don't Know What To Do" gives a small guide; based in scripture, to overcome and gives clear direction.

First, in order to gain an understanding of what needs to be done, we need to trust in the Lord with all of our heart. It's very common, especially as Americans, when things get tough, many of us will shut down and put everything on our own shoulders and work to push through our struggles. While there is nothing wrong in working through hardship, sometimes the problems are much bigger than ourselves, and far too often we will get in the way of what the real solution is. If there is someone you can lean on for support, who better than the Creator of all life? Proverbs makes it very clear about our trust. Proverbs 3:5-6 tells us, "Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." The God we serve is not apathetic towards His people, rather He longs to pull you through your hardship. Proverbs 1:7 says, "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction." When we refuse to have reverence for our Father, we are pulling away and despising wisdom, and that can very well be the wisdom needed to overcome struggle.

Not only do we need to trust in God, but we also need to lean on His wisdom. Our wisdom is very limited. Paul in Romans 7:15-25 talks about how his own understanding does not help him in what he faces. However, he gives thanks to God and Jesus Christ that he may rely on them for wisdom and direction. Continuing on in Romans 8:1, Paul makes it clear: "There is no condemnation to those who are in Christ Jesus." When we lean on the wisdom of God, meaning that we obey, there is no condemnation for us! We are saved from this corrupt and cruel world, but it is only through resting on God.

Finally, we need to acknowledge our Father so that He may direct our steps. Many of us may have mixed-up priorities that will cause us to be distracted. We act in one manner when we attend worship, but when we go through our day on Monday, Tuesday, and Thursday through Saturday we live as a completely different person consumed with the world. If we continue this way, it can only cause us trouble. James 1:8 reads, "A double-minded man is unstable in all his ways." We are unstable and therefore can have no clarity going through life.

Therefore, when we don't know what to do, the answer is simple. We need to look at ourselves to see if we are living a life dedicated to God. If we are not living a godly life, then we need to readjust. We need to put our trust back in the One who created us. We need to lean on the wisdom God provides to us, and stop trying to lean on our worldly

wisdom. We need to fully acknowledge God having control in our lives, and allow Him to direct us in the way we should go. As Jeremiah says, “It is not in man to direct his steps” (10:23).

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