



*"...I have great sorrow and unceasing anguish in my heart" (Romans 9:2)*

In this verse Paul, the apostle of our Lord Jesus Christ, was talking about his great sorrow and the unceasing anguish in his heart. How do we deal with our sorrow and unceasing anguish?

There are many reasons for sorrow and unceasing anguish in someone's heart. In fact, there are a multitude of reasons why someone may feel stressed in life. Just a few of them are divorce, financial struggles, illness, death in the family, family conflicts, fear about what the future will hold, moving from one place to another, estrangement from someone in the family, or not having food to eat or a home to shelter you. Depression comes to a person when they cannot silence their mind and their circumstances overwhelm them.

A situation that causes a person not to be able to rest when they go to bed at night can lead to depression. We need good, quality sleep to feel energized the next morning and ready to do the physical or intellectual work of the day that makes us feel good about life, family and friends. In addition, when someone has an emotional problem, it is much more difficult to handle the problem in an effective way when they have no control over the circumstances or situation. So, how can we deal with thoughts that we feel we have no control over and cannot seem to stop...thoughts that just seem to keep appearing in our mind continuously?

Paul shared with the church in Rome how he felt about one issue that controlled his thoughts day and night. His sorrows and unceasing anguish were related to the future salvation of Israel. Sharing his unceasing anguish with others did not remove his sorrow, but it helped him in releasing the pain he felt for something that was out of his control.

We are social people by nature. We live in community, but sometimes we are afraid to share with others what bothers us. Keeping our problems within ourselves is like having a closed valve that keeps accumulating pressure behind it to a point where it cannot hold back the pressure any longer and eventually explodes.

You need to share with a friend, a family member, or with your Pastor the thoughts that you cannot silence in your brain. No matter how difficult they are to share, or how much pressure you have accumulated so far. You need to be like flowers. When the heat of the sun touches them, they open themselves to receive its light and warmth. When you share with others what is bothering you, you are going to feel relief and less pressure in your brain. You are going to be able sleep much better. The problem may not immediately go away, but that will be the beginning of you moving away from the unceasing anguish.

At the end of his reflection, Paul had no other choice but to leave everything in the hands of God. He had plenty of reasons to worry about Israel but, by giving a second thought to his concerns, he discovered that God's wisdom, power and love are in control of the history and salvation of Israel. God has an amazing plan that includes the salvation of the Jewish people.

The same is true with us today. We have a lot of things for which we could have many concerns. But, by letting our worries and concerns be released out of our systems, the healing process starts. After a dialogue with someone else you can make enormous progress in your mental and spiritual health. You can see the light of the sun...shining with all its splendor and radiant heat. You will hear the birds singing and praising God. You will smell the aroma of the flowers that move with the wind in praise of God. You can rejoice in the Lord God, who is merciful and kind with all of His children and all of His creation. Be happy, be saved, and praise God for his divine love.

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