

Quietly I was drowning. On the inside I knew something was going on but I couldn't express it. I tried on numerous occasions to vocalize my desperate need for help, but it was stifled, many times by the outcry of others and their needs. I'd retreat, allowing my needs to be suppressed. I continued this until I reached a point I was no longer able to help anyone, because I hadn't attended to my own needs in the process. God wants to use us, but he can't use us if we're not where we need to be in Him. He will supply our every need but we need to turn to him.

Don't get caught up in your struggles. While struggle doesn't come from God struggles are a necessary part of your growth to get to the next level. To overcome struggles, press beyond people and things. The third Heaven needs to be the dwelling place of your mind. When you are able to rise above, you'll find everything that had been weighing you down is now beneath your feet. Staying afloat in the spiritual is just like floating in the natural, sinking or swimming depends on your abilities. If you cannot swim and you lose focus while floating, you'll sink. But if you learn how to give it all to God he will carry you on eagle's wings. When you need rest during your swim to shore you'll find Him to be your protector, as things come that otherwise would have capsized your boat.

*Come unto me, all you who are weary and burdened, and I will give you rest.*

*-Matthew 11-28*