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## Psalm 42:11

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**"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." Psalm 42:11**

It's been raining here in Collegedale for weeks! Months even. While my husband and I were away in Florida over Spring Break soaking up the renewing rays of sunlight, we returned only to find...more rain! And I have to admit, it was discouraging! *When is this season going to end, God?* My thoughts muttered. The question applied to more than just the rain, I realized.

How about you?

Are you sick of the rain too? Does your soul long for the sun to shine again? Do you long for the mental fog to clear? For the anxiety and depression to lift? For Jesus the Son of God to shine down joy into your life?

Put your hope in God. Even if it seems weak. Even if the forecast predicts rain for another week. God has the power to take your most meager mite of hope and equip you with strength enough for today.

*Yes, but how do I put my hope in God?* Highly-esteemed author Max Lucado suggests we practice what he calls "C.A.L.M.":

- Celebrate God's goodness. Simply ask yourself, how has God been good to you - today, yesterday, in the last month?
- Ask God for help. "Engage in specific prayer. And engage in promise-based prayer. Stand on the firm foundation of God's covenant," Lucado describes. Promise-based prayer searches for a biblical promise that fits your problem. It's claiming the power of scripture to declare, "Jesus, you said you would walk with me through the waters," Isaiah 43:2. Or "Jesus, you said you would never leave me alone or forsake me," Hebrews 13:5. It's a reminder that what Jesus said He would do, He will do, when we put our hope and trust in Him.
- Leave your concerns with Him. Think about hitting a tennis ball over the net and seeing it bounce on the other side of the court. No one is hitting it back to you. It ends up on Jesus' court, and stays there, because it's His problem, His burden, His worry to take care of - not yours any longer. Leave it in His control.

- **Meditate on good things.** "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things," Philippians 4:8. Start a gratitude journal, play uplifting Christian music, get out for a walk, do something that helps you focus on the goodness of God and all the good things He has given you.

Just because we practice C.A.L.M. doesn't mean the rain clouds are going to lift immediately. Or for those of you struggling with anxiety or depression specifically, you may have to pursue additional measures to help you overcome these things. But I pray that while you put your hope in God and make the Main Thing, the main thing in your life that you will be flooded with "the peace that passes all understanding, which will guard your heart and your mind in Christ Jesus," Philippians 4:7.

Challenge:

1. Try practicing C.A.L.M. today.
2. For additional support, talk with a professional counselor by calling **423.236.2782**. Appointments are free to all currently enrolled students!
3. Join us for vespers this Friday as we hear from professional counselor Jennifer Jill Schwirzer, LPC talk to us more about "Fear, Sadness, and Feeling Better"