**God Can Set You Free**

**God Wants to Set You Free**

When we are hurting, we can end up isolating ourselves. People try to help, but our pain is all we can think about. So, we push them away. We may be hurting so much that we feel like we cannot trust anyone anymore. We may feel that we cannot even trust God. But if we believe God cause our pain, we will not turn to Him. Instead, we will turn away. We avoid reading His Word to find an answer. We do not pray or allow anyone to pray for us. We try and find other ways of coping with or numbing the pain. But those ways will never give us freedom in the end.

The Bible says, “There is a way that appears to be right, but in the end, it leads to death.” (Provers 14:2 NIV) The only right way to find freedom is to turn to God. “Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.” (1 Peter 5:6-7 NKJV) Jesus said, “It is written: ‘Man shall not live on bread alone, but on every word that proceeds from the mouth of God.’” (Matthew 4:4 NKJV) We can hand over all that pain to Him.

Throughout the Psalms, we see David says, “My eyes are ever on the Lord, for only he will release my feet from the snare…Relieve the troubles of my heart and free me from my anguish” (vv. 15; 17 NIV). David chose to keep his eyes on God and to turn to God for the comfort and freedom he needed. When we choose to let God into the pain, He shows us how to find freedom through forgiving others. Forgiveness breaks the chains and sets us free. We may be able to find ways to temporarily alleviate the pain, but God can get right to the root of it and set us completely free. (Proverbs 14:12)

**What Now?** Invite God into all the places in your life that are causing you pain and hurt. Hand them over to Him and let God help you find true freedom. Loving God Always.

By

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