

Message Reflections

a little something extra to keep you connected to Jesus this week

Message Reflections accompany the [weekly message](#).

If you met me, and we had the normal surface conversations, with questions such as, “What do you do,” you would hear me say, “I work in an IT department and I am a Manager of Data Governance.” If we talked long enough, you would learn I have been married for 22 years and I have three children. You might hear me share my excitement about my kids’ involvement in marching band, and how I volunteer with the marching band every week. You would find out I am a big Colts fan, and you might learn that I like to golf and fish. Yes, after 15 minutes of talking with me, you would have enough information to say that you know me. But, you wouldn’t know me.

You would not know that I am wired in a way that makes me very sensitive. You would not know that for most of my adult life, I struggled with my emotional makeup, and my sensitive nature made me prone to fear and anxiety... even seasons of depression. You would not know that at the age of 37, I was so tired of struggling with my emotions, and not fitting in, that I really didn’t like who I was. And one day, I went to God, much as Asaph did in Psalm 77, and I cried out, “Why did you make me this way! Why did you make me so sensitive?”

The Almighty reminded me that before I was formed, He knew me. He knew all my days. And the Lord put this thought in my heart and on my mind: “My child, I made you beautifully sensitive.” I am reading this great book called, *Soundtracks* by Jon Acuff, and the whole purpose of the book is to take control of your thoughts by replacing the negative soundtracks in your mind with positive soundtracks. As I write this, I realize that eight years ago, God gave me a new soundtrack, “He made me beautifully sensitive” to replace the broken soundtracks about my sensitive nature.

With this new mental soundtrack, he also began to unfold a strategy in my life, to take captive my thoughts. I didn’t know it then, but I see it now, the Holy Spirit, my great Counselor began to teach me to reflect on and remember the great works of Almighty God in my life.

As I considered the thought that God made me beautifully sensitive, I was reminded of how many times God used my sensitive nature to help encourage others and point them to Jesus as THE SOLUTION to all of life’s trouble.

As I look back over the past eight years, I see now that God also gave me the strategy to meditate on the Lord's great works. He did this through a simple conversation with my dad. I said, "Dad, I'm tired of the emotional ups and downs I go through." My dad gently responded, "Tell Jesus you love Him and trust Him." When you tell the Lord Jesus that you love Him and trust Him, and mean it, you can't help but meditate on Him, His goodness, and His great works.

Finally, as I write this, the Lord started a journey in my life eight years ago that has led to this point right now. I am writing about this great work, a life-transforming work the Lord has done in my life. And I share this great work with you. God created your emotions to be used for good. To harness them for good, practice the steps in Psalm 77:

- **Remember** the Lord's great works in your life. (Psalm 77:11)
- **Meditate** on the Lord and His great works in the past. (Psalm 77:12)
- **Tell** others about the Lord's great works. (Psalm 77:13-15)

