

Breaking Point

Can others tell when we are at our breaking point? We try to keep up with the pattern and responsibilities of life, but our body and mind has just had enough. God is compassionately aware of our human limitations. “For He knows our frame; He remembers we are dust.” (Psalm 103:14). Admitting our need for help is a good thing. Yet this is something that our human nature, most often, struggles against. But if we consistently resist help we might find ourselves deplete of resources to take care of ourselves and those who need us. If you are in a season of emotional vulnerability and would like to talk to someone, please go to libertypark.org/biblical-counseling for help.

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