

Power Greater Than Ourselves

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

For many of us the pain associated with a lack of loving attention drove us to find something - anything - that would dull the ache in our hearts and minds. What we didn't know was that God had an abundant supply of healing and friendship to satisfy this deep level of need in our life. Because we lacked that information we chose other options, which gave us some short-term comfort but which ultimately drove us deeper into pain and despair. Each time we stopped and began to wake up to the realities of life we would begin to feel the pain of broken promises and dreams. Before long we would choose yet another plan to dull the pain rather than deal with it. Same strategy, same result. More pain. More disappointment. More confusion. More despair.

God understands pain and broken promises. God cares about rejection, disappointment, and confusion. God has power to deal gently and effectively with all of them. God's plan and action has been to come close to us. Jesus Christ lived on earth as God and human to show us the depth of God's love and commitment to be with us in whatever way we suffer. Then Jesus died on the cross to take all the broken promises, broken dreams, disappointments and sin that we've done and that have been done to us. Jesus Christ became a substitute and a burden bearer for us to make very clear what the real solution is to the pain and insanity of our lives. Jesus substitutes as the one who takes the punishment for us when we deserve it so we can go free. Jesus carries our pain and our fears as a burden bearer for the hard things in life.

For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. When we were utterly helpless, Christ came at just the right time and died for us sinners. But God showed his great love for us by sending Christ to die for us while we were still sinners. Since we were restored to friendship with God by the death of his Son while we were still his enemies, we will certainly be delivered from eternal punishment by his life.

So now we can rejoice in our wonderful new relationship with God—all because of what our Lord Jesus Christ has done for us in making us friends of God. (Romans 5)

How do we make all this good happen in our lives? We have to admit that we can't manage our lives on our own. We have to admit that we've done wrong and caused pain to ourselves and to others by trying. We have to come to God and ask for forgiveness and healing. We have to invite God to come and live in us and to build a new way of life for us, according to His plan. We have to accept Jesus Christ's offer to be the substitute and the burden bearer for us and then make a habit of giving Him our sin and suffering instead of allowing it to further damage us. Jesus is the only one with the power to do all this. No other "healing path" is authentic. At some point they will all disappoint us.

Jesus said, "I am the way, the truth, and the life. No one can come to the Father except through me." (John 14)

Our choice is to try to deal with life on our own terms (which is life outside relationship with God), try for solutions from some temporary false power that only works for a while, or to turn our lives over to the one and only God who is real and who has the right plan and enough power to give us a good life on a daily basis. It means putting aside our own ideas about right and wrong and choosing for God's way again and again. It's about a loving and caring relationship of trust and co-operation. It's about believing that God is actually "higher" in power, in love, and in understanding than we are and changing our thoughts and our behaviours to do things in new ways. Anything less is insanity. We've proved it again and again in our lives.

Jesus said, "I live by the power of the living Father who sent me; in the same way, those who partake of me will live because of me". (John 6)

Questions for Reflection and Discussion

1. What is insanity for me?
2. What power does God make available to us?
3. Does God care about me? How do I know that? What am I doing to discover more about His interest in my life?
4. Why am I coming to believe that Jesus Christ is the power greater than myself who can restore me to sanity?