



Untangling Knots One Problem At A Time

Picture your life as a jumble of shoestrings all tied up in knots—each shoestring a different color. The different shoestrings represent the different parts of your life, your family, your responsibilities, etc. This jumble of knots could represent many of our lives—with everything all knotted up. Each knot represents a problem, and the process of untangling those knots and straightening out those problems is going to take a bit of time and effort. It took a long time to tie all those knots, and it will take some time to straighten them all out.

It often seems that no progress is being made. We may feel we have so many problems that we are getting absolutely nowhere. We must keep in mind that even though we have a long way to go, we have also come a long way. The solution is to thank God for the progress we have made thus far and trust Him to lead us on to eventual healing—one day at a time. One of our problems is that in our modern, instantaneous society we tend to jump from one thing to another. We have come to expect everything to be quick and easy. It's difficult for us to have the patience to stick with a problem until we see a breakthrough, and that's why we need God's help.

YOU'VE GOT ME
TIED IN KNOTS



We are pressed on every side by troubles, but we are not crushed and broken. We are perplexed, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going. Through suffering, these bodies of ours constantly share in the death of Jesus so that the life of Jesus may also be seen in our bodies. (2 Corinthians 4)

God never gets in a hurry. He never quits or runs out of patience. He will deal with us about one particular thing, and then He will let us rest for a while—but not too long. Soon He will come back and begin to work on something else. He will continue until, one by one, our knots are all untied. If it sometimes seems that we're not making any progress, it's because the Lord is untying our knots one at a time. It may be hard, and it may take time, but if we will commit ourselves to the process of getting well, sooner or later we will see real victory in our life and experience the freedom we have wanted for so long. In

some things we will experience freedom in a few months or a year, but there might be an area that takes long years to overcome. The important thing to remember is: no matter how long it takes, never give up.

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. (Philippians 1)

Maybe we're standing in the way of our own healing. Sometimes we have to ask ourselves, "Do I really *want* to get well?" There are people who really don't want to get well? It takes some people years to overcome their problems ...and some never do. They don't really want to move on past their problems. It seems they've become accustomed to having those problems around, and they're just content to live with them. Sometimes people actually get addicted to having problems. It becomes their identity, their life. It defines everything they think and say and do. Their life seems to revolve around their problems. If we have a deep-seated and lingering disorder, we may be tempted to make that the focal point of our life. But if we give in to that temptation, that problem will try to control our thinking and dominate every conversation we have.

If we really want to get well, we have to stop using our problem as a means of getting attention or sympathy or pity. Before we can get well, we must really *want* to be well—body, soul, and spirit. We must want to get well badly enough that we are willing to hear and accept the truth about our situation. It's time to not waste any more of valuable time feeling sorry for yourself and wallowing in self-pity over things we cannot change. We need to choose now to stop using our problem as a crutch in our life. It's time to untangle the knots a little at a time, while living each day to the fullest, looking forward to what God has in store for us as we follow Him.

Our help is in the name of the Lord, who made heaven and earth. (Psalm 124)



Questions For Reflection and Discussion

1. What makes solving my problems seem complicated?
2. What problems have I used as excuses to keep me from going forward with God's healing?
3. In what tangled situations has God worked to do the whole job rather than just the one problem I wanted solved immediately?

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