

A hiker wearing a red hooded jacket and an orange backpack stands on a rocky mountain peak, looking out over a vast mountain range under a blue sky with white clouds. The hiker is seen from behind, standing on a rocky outcrop. The background shows a range of mountains with patches of snow and green vegetation. The sky is filled with soft, white clouds.

Getting Over What Gets You Down

Dr. Cecil Stewart OBE



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Recently I met with community leaders near Belfast who shared their concerns about young people and families who struggle with anxiety, depression and a sense of hopelessness. I could identify completely with these kinds of challenges because I faced them in my own life as a young person and later reached out to help many after my own recovery. One of the first things that helped me to get on the road to recovery was changing my focus from my problem to the promise of a better future. This happened through a friend who came to my bedside and said 'your life is not over; a new chapter is going to open up that will enable you to help many in the years ahead'.

Then I read **Psalm 40:1-4** – 'I waited patiently for the Lord; and He inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And He hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord. Blessed is the man that maketh the Lord his trust, and respecteth not the proud, nor such as turn aside to lies'.

Many other scriptures I turned to helped me to get new hope and renew my mind. I discovered that many of the battles we face are in our minds and that is how the enemy, satan, tries to get us down. However, we have been given power to change our pattern of thinking. **2 Timothy 1:7** has been such a blessing to me which says 'God has not given us a spirit of fear, but of power, and of love, and of a sound mind'. This verse is full of power when we study it and forms one of the weapons that we can use to overcome the enemy and bring the change that God has planned into our lives.

Other powerful verses like **Ephesians 6:10-18** should be carefully studied and also **2 Corinthians 10:3-5** which says 'For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ'. These are portions of scripture that have totally transformed my life.

Always remember love is stronger than hatred, light is stronger than darkness, mercy triumphs over judgment and faith overcomes fear. So we can now exercise love, power and a sound mind to transform our lives and the lives of those within our

influence.

The following testimony will bring new insight, guidance and reveal principles that will work for you if you will carefully read consistently and apply them to your everyday life.

This woman had suffered for 18 years; she was bent over and could not lift herself up but in a matter of moments she was made straight and completely healed, so how did it happen? **Luke 13:10-17** – ‘Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, “Woman, you are loosed from your infirmity.” And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.” The Lord then answered him and said, “Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?” And when He said these things, all

His adversaries were put to shame; and **all the multitude rejoiced for all the glorious things that were done by Him**'.

Remember she was bent over for 18 years and couldn't look up at the sky or the trees or even see those around her. She was bound by a spirit of infirmity and her head was down. She must have felt isolated and discouraged after trying to get over the problem for so long without any breakthrough.

Most of us struggle or have struggled with challenges that get us down and still we can't seem to get over them, for example relationship issues, misunderstandings, hurts, injustice, offence, wrong attitudes. **But there is a way to get over what gets us down.**

1. Get into His presence

This woman came to where Jesus was and you too can come to Jesus today by faith in what He has done on the cross. Jesus Himself said in **John 14:6** 'I am the way, the truth, and the life: no man cometh unto the Father, but by Me'. **Acts 4:12** says 'Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved'. That's why Jesus came and gave His life on the cross for

our sins so we can live in His presence, both now and in eternity.

This news is far too good to keep to ourselves. Ephesians 2:13-14 says 'But now in Christ Jesus you who sometimes were far off are made nigh by the blood of Christ. For He is our peace, who hath made both one, and hath broken down the middle wall of partition between us.'

In today's world so many suffer from anxiety, stress and regret but the reality is we don't have to be separated from the presence of Jesus any longer; we can enjoy His peace and fellowship every day and join with other believers so we can grow and go to reach those in our world. Satan's plan has always been to separate us from God and each other but through the cross we are reconciled. Remember, the best way to draw attention to the cross is to live in the good of its provision.

Matthew 4:23-24 says 'And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. And His fame went throughout all Syria: and they brought unto Him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had palsy, and He healed them'. When we get into His presence our

minds are renewed and our faith comes alive. **James 1:17** reminds us that every good and perfect gift comes down from our Father above.

Remember there is nothing good outside the will of God so finding His will and walking in it is the greatest choice we can ever make.

2. Respond to His call

Jesus called this woman to Himself and she responded at once. **Matthew 11:28** says 'Come unto Me, all ye that labour and are heavy laden, and I will give you rest'. Notice, it's always for our good when Jesus calls us to Himself.

James 4:7-8 tells us 'Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and He will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded'.

We need to be whole-hearted and focused daily if we are to get over what gets us down but the results of responding to His call and daily guidance will lift us to a whole new level of living and the Holy Spirit will guide us into truth if we will be sensitive to His

promptings within. **John 16:13** says ‘However, when He, the spirit of truth is come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will show you things to come’.

It doesn't mean we will never have another challenge but when we walk in faith and follow His leading we can avoid the snares of satan and make right choices that will bring amazing blessing and propel us forward into God's plan and purpose for our lives, and that's the greatest thing that can happen to anyone.

3. Jesus spoke directly to her ‘You are loosed’ and His words set her free immediately

Romans 8:32 reminds us ‘He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?’

4. Jesus exposed the cause of the problem

She may have been told she was suffering because of her sin or because that was her lot in life but Jesus made it clear that satan

had bound her and this was her day to be free.

John 8:32 says 'You shall know the truth and the truth shall make you free'.

When we honour the Lord even when it is against the culture of the day we will experience God's best and be a good ambassador for Him that others can follow.

5. Jesus revealed the hypocrisy of dead religion

The ruler of the synagogue who complained that He healed on the Sabbath was exposed as a hypocrite. Jesus emphasised that it was this lady's right to be healed since she was a daughter of Abraham.

Galatians 3:9 states 'So then they which be of faith are blessed with faithful Abraham'. Our identity is so important and when we are born again and brought into the kingdom of God we are heir to all the blessings of God including eternal life.

6. God was glorified and the people rejoiced

When we live our lives God's way people rejoice and God is glorified. **John 15:8** says 'Herein is My Father glorified, that ye bear much fruit; so shall ye be My disciples'.

1 Corinthians 6:20 tells us 'For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's'.

This lady had a serious dysfunction; she was limited but didn't hide it despite embarrassment. She couldn't lift herself up but refused to be isolated. **Ephesians 2:8-9** states 'For by grace are you saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast'.

She got connected to Jesus, the life-giver and Jesus called her forward. She was ignored far too long. Jesus can bring you to the front even though you may have been left behind. He laid hands upon her and made her straight. Jesus empowers us to walk straight, not just physically but with integrity and getting rid of compromise.

Her identity was revealed!

God was glorified!

The people rejoiced!

How to begin a relationship with Jesus

1. Acknowledge Jesus as your Saviour and Lord

See **Romans 10:9-10** which says 'That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved'.

2. Repent and receive by faith the gift of salvation

Acts 17:30 tells us 'And the times of this ignorance God winked at; but now commandeth all men every where to repent'.

3. Meditate in His word daily and become part of a church fellowship

See **Acts 2:42** - 'And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers'. Hebrews 10:25 also states 'Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as you see the day approaching'.

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