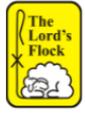


DO YOU FEEL LIKE SPIRALING?

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THE LORD'S FLOCK GROW DIGEST

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As we journey through the seasons of life, there are moments when we find ourselves on the mountaintops or in deep valleys. Down times may include situations where we feel completely lost: losing our bearings, focus and drive; deteriorating in our faith, trust and hope, and end up spiraling down. However, God assures us that during these seasons, He leads us to return to Him to continue finding the treasures He has in store for us.

1. WHAT IS SPIRALING? It is

- 1.1. a cycle of negative thinking pattern that escalates and becomes overwhelming.
- 1.2. a continuous, worsening trend where each negative event or feeling leads to another, creating a cycle of decline.
- 1.3. a mentality activated by triggers: stressful life event, comparison to others, overwhelming tasks, relationship issues, and financial difficulties, among others.

2. WHAT DOES JESUS OFFER IN OUR SPIRALING SEASON? In the parable of the Hidden Treasures (Mt. 13:44), our Lord Jesus Christ

- 2.1. offers us blessing in the midst of what we are going through;
- 2.2. teaches us how to discover joy in dusty places, where we can find treasures in the dirtiness of life;
- 2.3. underscores joy to be welcomed in our trials, a joy waiting to be discovered on the inside.

3. WHAT ARE THE THREE (3) THINGS THAT MAKE THE DIRT OF OUR TRIAL BECOME A GIFT?

- 3.1. There is a chance to right size ourself and right size God in our heart and mind. Trials humble us and allow us to diminish our own ego and let God increase and take greater prominence and glory.

3.2 Our time of spiraling is an opportunity to reorient. Getting lost compels us to check our “*Divine Compass*”, redirect our navigation, help us take the correct path, and to find our “*True North*” – Jesus, “the ultimate guide.”

- 3.3. It is a chance to return to the field where the treasures are hidden. We have to let go of things that are holding us back to find the true treasures. It is not a one-time journey but a continual one – coming back, digging and searching again and again, for there are more treasures to find when we keep coming back to Jesus.

Conclusion:

Spiralling is a blessing because it is a gift to spiral. It may sound counter-intuitive but God uses our most disorienting seasons to help us discover priceless treasures we would otherwise miss. Spiraling does not mean that we are falling apart but an opportunity for us to be positioned to find what matters most, to discover the joy Jesus has for us in the dirtiest, dusty, horrible circumstances of our life.

Reflection:

What personal sacrifices have you done to discover, invest in, and experience the Kingdom of God?

Prayer: *Heavenly Father, help us to find strength in Your promise of blessings whenever we find ourselves in an unshakable sense of disorientation or season of spiraling down. Grant us the grace to keep on returning to You and actively seeking Your Kingdom and Your righteousness. In Jesus' Name. AMEN!*

SCRIBES MINISTRY:

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