

Chapter 3 My God! My God! Why?

My God, My God, why have you forsaken me? Why are you so far from helping me, and from the words of my groaning (Psalm 22:1)?

Through the age's men, as well as women, have asked, and pleaded for an answer to this question, **My God! My God! Why?** Why me? Why my son? Why my daughter? Why my family? Why my husband? Why my wife? Why my house? Why my job? Why Lord Why? Lord, help me understand why this is happening, or has happened to me?

I wish I could say that I have an answer to that question for you, and also for myself. When things happen to us that we don't understand, it can often mess with our faith to the extent that we could experience what is termed, a 'crisis of faith'. This ultimately causes people to ask questions like; "*Does God really care about me? Has God abandoned me? Is God punishing me for something I did or might have failed to do?*"

When Jesus Christ was dying on the cross for your sins, and mine, he also called out to the father asking the why question.

⁴⁶*And about the ninth hour (three o'clock) Jesus cried out with a loud voice, Eli, Eli, lama sabachthani?--that is, My God, My God, why have You abandoned Me [leaving Me helpless, forsaking and failing Me in My need] (Matthew 27:46)? Amplified*

Many people in their search for an answer will often become depressed, withdrawn or angry. Unfortunately, there are some things that will happen to us that we will never get an answer to. We may never understand the reason behind it on this side of heaven. I realize this is not very comforting; nevertheless, that is the truth. The hardest part is acceptance and then coming to terms with it. The good news is that Jesus does understand what you are going through, or have gone through. In his humanity, Christ also felt forsaken and abandoned by God, the father.

Even though you don't understand or know why you were a victim of this traumatic event; you have to dig deep within the reserves of your spirit. Muster up the strength and courage to ask God for His help. There is no way that you can bounce back from the trauma you have experienced without God's help. At first, you may not want to ask God for his help, because you are angry at him for allowing this to happen to you or your loved one. Regardless of what anyone else might have told you, this is a normal response to your grief and pain. Take some time to feel all of the emotions that you are feeling, but a word of caution; don't stay in that dark place too long. Once darkness engulfs and penetrates your soul, it won't let you go without a fight; and you may never find your way back. Therefore, no matter what happens to us, we still have to put our trust and confidence in God. I know that might seem hard to do at first, but God is good. If you ask him to help you, he will do just that and more.

I have experienced my share of losses. I lost my mother, my father, both grandmothers, three grandfathers, my son, and my marriage. However, God has been so faithful to me. I have learned that no one can comfort you like God. Not only has God provided comfort and care to me, He has also comforted me through others. Whenever I'm having a bad day, God touches the hearts of either my friends or family members to call, email, or reach out to me in one form or another. The most amazing thing is that it is always during a time when I need their love the most. It is such a blessing to have people in your life that are concerned about you. Don't turn them away,

because you are going to need them.

I have also experienced times when challenges seemed to press in on me so hard that I was unable to pray, believe, or even quote a scripture. I would cry out to God saying, "God this is too hard, I am not going to make it this time. I really need your help. I am weary and so very tired of crying, being unhappy, and depressed. I am drowning in a sea of despair and hopelessness. God, if you don't help me, I am going down for the last time with no hope of recovery."

At one point in my life I felt as if everything was going wrong. I was so tired of fighting to survive. We couldn't pay our bills and our car was repossessed. I had two toddlers and was pregnant with a third. For days I had been an emotional wreck, crying almost daily. I was so distraught at this time that the devil said to me, "Kill yourself". I mentally consented. One day I was driving down the highway and just as I was about to reach a steep bend in the road, I heard a voice say to me "Now is the time. Just take your hands off the steering wheel and it will soon be over". I was crying almost uncontrollably and should have pulled off the highway; but I took my hands off the steering wheel and my car began to swerve. Suddenly I heard another gentler voice in my inner spirit saying, "*I will keep them in perfect peace whose mind is stayed on me*".

³*You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You (Isaiah 26:3).*

Something miraculous happened as I began to repeat those words over and over again. I stopped crying and the car straightened out as I placed my hands back on the steering wheel. Instantly, I felt such a peace come over me. Since that day I have never ever allowed myself to reach such a point of despair again.

The Hebrew word for peace is shalom, which is derived from a root that conveys the image of wholeness, unity and harmony – something that is complete and sound. The peace that God gives will quiet the individual on the inside. When the world around us is troubled and turbulent we can remain peaceful because of that deep seated peace that we have inside of us.

I have learned that God will and does respond to us whenever we reach out to Him, seeking His help. Instead of telling God how much pain we are in, or how much we are hurting inside, or how much we need His help; we just complain to our friends and family members about how we feel. You have to tell God where it hurts, even though He already knows. He just needs to hear you tell Him yourself. I have actually felt God embrace me. I can not find the words to adequately convey how comforting God's embrace was. I thank God that He has always been and is still a very present help during all of my times of trouble.

I know there are some things that have happened to you that will never make sense to you or anyone else. However, you just have to believe and know that:

- God is not punishing you for sin in your life,
- God is not testing you to build your faith,
- God is not removing idols from your life to get you to worship Him.

Whatever has happened to you has not happened to you to strengthen your character, to humble you, to draw you closer to God, or to teach you a spiritual lesson. Unfortunate circumstances happen to us all at some point in our life. We just have to learn how to accept those things that come our way and ask God for His grace to make it through.

Unfortunately, bad things do happen to good people through no fault of that person. Doing

what is right does not protect us or prevent bad things from happening to us. When these things happen, the word of God should be the source that we look to for hope, healing, and comfort. God promised that if we are abandoned, He would take care of us.

¹⁰ When my father and my mother forsake me, Then the LORD will take care of me (Psalm 27:10).

Remember, that God will give you the strength and courage to go on in spite of what has happened to you. Just believe and receive His care, and His comfort.

I challenge you to reach out to God, and see how quickly He reaches back to you. Trust me your life will get better. This period will become like a distant memory.