Of course, I talk to myself; I need an expert opinion

I would love to take credit for this humorous comment, but it is not mine to claim.

Often, we find ourselves so frustrated with people in conversation that we wonder how they haven't taken a large sum of frustration out on them already. We throw up our hands and say, “Just give it to me. I will take care of it.”

Or it may be, “I can’t believe you can’t see what I am saying.”

We understand, so why can’t they?

It is very simple; we haven’t met them at their level of understanding. They are not worse, nor better, just different.

I can do it.

I will do it.

I am able.

Stop right there on the third point: the first two words, “I am.”

Exodus 3:14: “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”

If you focus on I AM rather than ‘I can or I will’, you pull God into the conversation and engage with an expert.

Any other conversation is man and only man’s interpretation or insight.

The biggest thing about man is our ability to make mistakes. Big mistakes. They are forgiven and forgotten by the grace of God.

I AM…saved.

God tells me, “I can do all things through him who gives me strength.” Philippians 4:13

Do I need to be fearful, or can I proceed with reckless abandon?

What does God tell you to do?

This is not a multiple-choice question, and few things in life are presented with such clarity.

John 8:12: “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

You see, no matter what trouble we may find ourselves in, He provides a way out.

Why should anyone feel such a depth of despair and anxiety? Because we hear our own voice between our ears instead of God's voice, which speaks through everything in our world except evil.

Our ego has tricked us into believing we are the expert – again.

The mind tells the heart how to function, but the heart needs to override the mind and remove irrational thoughts.

That is easier said than done, because we still believe we know what is right and the unquestionable difference between right and wrong.

The first of many mistakes when ego has a seat in the front row.

Humility is the first of many steps, but it provides the solid foundation on which we can build, plant, and grow.

John 15:5: “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

“Apart from me, you can do nothing.”

Did you get it, or do I need to say it a third time?

He did not say, "Fill yourself with knowledge and feel superior.” He said, “Humble yourself before the Lord, and he will lift you up.” James 4:10.

The best part is not feeling weak. It is knowing you are covered in the armor of God, and nothing can pierce it. You will gain confidence and purpose to serve and glorify God.

When others see you walking with confidence, they may say, “You present yourself as confident and with authority. How did you do that?”

Simply say, “I know…I AM”