

## THE "F" FACTOR

On this journey we call life there are many events and circumstances that occur. Some of which cause us unwelcomed hurt and pain. Whether it be a traumatic experience, a broken relationship or an illness to name a few, we all undoubtedly have experiences that leave us in a place of indecision not knowing what we should do about our situation. Our usual first response in time of crisis is to call on the name of Jesus! During times of trouble we have no problem calling on God to throw out the lifeline and rescue us. He who is able to do anything but fail is the obvious choice, but my Sisters and Brothers; I offer you additional actions we can take in the quest to find relief from whatever issue(s) we are facing.

The first thing we need to do is honestly identify the issue(s) that need to be dealt with. Oftentimes we aren't "real" with ourselves. I understand that it's not easy looking in the mirror. But, the enemy loves for us to minimize or ignore our role in the situation never really resolving the matter. That's how baggage is acquired. Those unresolved issues that we fail to address and deal with get shoved in the suitcases we drag through life. The good news is that with God's help and through His word we can overcome and be victorious in our situation!

Let's look at what I call the "F" Factor:

- Face** Honestly identify and face the issue or situation and take it to God - (**Matthew 11:28**)
- Find** Recognize your value and worth in Jesus Christ (**Psalms 139:14**)
- Forgive Yourself and others.** Let it go - (**Colossians 3:13**)
- Focus** On the good - (**Philippians 4:8**)
- Fight** Against the enemy - (**Ephesians 5:1**)

And finally operate in the:

**Fruit of the Spirit** – (**Galatians 5:22-23**)

Incorporating the F Factor will definitely bring about a change in us that will undoubtedly affect our lives. These F's will aid us in counteracting the negative forces that come against us. As we cast our cares on him and actively participate in the resolution of our issues. While these "F's" won't erase the situation, they certainly will help us get through and past many of them. So be encouraged, and commit to doing the work necessary to play an active part in the resolution of our issues.

Be Blessed!!

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