

## Overwhelmed Parent, You're Not Alone

### I. Never Use Bad Shame on a Parent

- Galatians 6:2
- It's always a sin to cast Bad Shame on someone. Nothing my cousin mentioned in her post is shame worthy. So, I really hope none of us have to break the habit of looking down on struggling parents, criticize them because they don't live up to the superficial expectation you prescribe from a distance.
- I think if the church were doing that better, the feelings expressed in a post like this wouldn't be as common.

### II. Never Neglect the Body of Christ

- There are many reasons people refuse the help of their fellow believers.
  - Sometimes it's pride. They're unwilling to admit that they need help.
  - Sometimes it's fear. They're worried about how they'll be treated if they're open and honest about their struggles and doubts. By the way, that's a form of pride too.
  - Sometimes it's ignorance. And though this may not necessarily be a sin problem (willful ignorance, of course, is), you don't have any excuse now. You now know you need to reach out to your brothers and sisters in Christ. You *need* their assistance in this life.
    - If we're neglecting the gathering together of the Body of Christ, or we're neglecting the one-anothering of the Body of Christ, it's no wonder we feel stretched and forgotten and alone. That's like moving into the middle of a desert and complaining that no one ever comes by to visit! That's like tying your arms to your body and complaining about how hard it is to make dinner!
  - Sometimes people don't ask for help because they assume no one would be willing or able. That's pride too.
    - I know you've been hurt. The people who hurt you either weren't born again believers or they were in sin. Forgive them and seek out mature believers. I'm not saying they won't let you down — they're sinners too — but your focus needs to be in the right place, and — more importantly — on the right person.
    - God created you for community. *God* commands you to be involved in each other's lives. Trust *Him* and obey *Him*. Don't worry about what people may do, trust God to do what He promised. Where two or more are gathered together in His name, He is in the midst, and He will do the work.
    - James 5:13-16 — When we're struggling, we must run to the Body of Christ.

### III. Never Stop Looking for Vulnerable People

- Titus 2:3-5; Galatians 6:1; Ecclesiastes 4:9-12
- If we're called by God to come along side those who are in sin with the purpose of restoring them and bearing them up, *how much more* should we be actively coming along side those who are trying to do right and are struggling?
- We need each other. Those equipped to serve should be looking for a young mom, a struggling, single dad, a compromised couple, a family with a terrorist child . . . and they should offer to come along side these people. And the dad or mom needs to be humble enough to graciously accept the help.
- On the other hand, those who are struggling need to be actively looking for help, not merely wallowing in their own self-pity.