

## Spirit of Heaviness or Oppression

Sometimes we experience heaviness or feelings of oppression but cannot attribute what we are feeling to a particular set of circumstances or occurrence. When this happens we have usually allowed a culmination of small things make us feel overwhelmed or helpless. We then find it difficult to pray or connect with God. Instead of casting our cares and worries upon His shoulders, we have usually made a decision to carry them around with us until we figure them out for ourselves. These are things we were never created to carry. We have not the wisdom to figure them out nor do we possess the power to change what is. This is the time when faith in our God who is Creator that our circumstances kicks in and also trust that He knows far better than we how it can be resolved because He knows what is ahead and we do not.

When I would feel either overwhelmed or oppressed by life and things going on around me, I had an exercise I would do. It was extremely simple to do, but more difficult to follow through. I would get an old shoe box and cut a slit in the top. I would then take index cards upon which I would write the date, what was troubling me, whether a situation, person, or circumstance on the card and drop it into the shoe box. I called it 'God's Faithfulness Box.' As I dropped each card into the box I would say, "Lord, I am releasing this to you and I am trusting you to work it out for my best and Your Glory. I commit and submit the final outcome to you." Then I would drop the card, knowing it was not my responsibility to fix it or work it out but His.

Once it is released and you have placed it in His all wise, all loving Hands then you must go about your day and NOT take them on your shoulders again and that was difficult in the beginning. More and more I began to feel freedom, light heartedness and I really enjoyed it. Also I would soon begin to see Him operate and work in the situation the way He knew was best. Often times it was not a direction I would have taken but He sees the bigger picture (and we do not).

You see, I had released my need, person, or situation along with my faith in Him. Then He had my permission to operate in it, and God loves opportunities to reveal His love and faithfulness to us. Try this and see if He does not lighten your heaviness and lift you burdens. I promise you this; you will enjoy your life in greater depths than you have known.

In **James 4:6** it says 'God opposes the arrogant and gives grace to the humble.' Is it not a form of pride when we keep these things and do not release and trust God with them? Are we saying we know better than He does how to make it work out? If we humble ourselves before Him He will work on our behalf, the way He knows is best for all concerned. In **I Peter 5:7** it says 'Casting all your cares upon Him for He cares for you.' **Isaiah 61:3** says 'You console those who mourn. To give them beauty for ashes and the oil of joy for mourning. The garment of praise for the spirit of heaviness.'

### Verses

#### **Psalm 18:16-19**

He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the LORD was my support. He brought me out into a spacious place; he rescued me because he delighted in me.

#### **I Peter 5:6-7**

God opposes the proud but shows favor to the humble. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

#### **Isaiah 54:10**

Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

**Psalm 100**

Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; Come before His presence with singing. Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, And His truth endures to all generations.

**Isaiah 49:14-16**

But Zion said, "The LORD has forsaken me, the Lord has forgotten me." "Can a mother forget the baby at her breast and have no compassion on the child she has borne?

Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me.

**Isaiah 62:3-5**

You will be a crown of splendor in the LORD's hand, a royal diadem in the hand of your God. No longer will they call you Deserted, or name your land Desolate. But you will be called Hephzibah,[a] and your land Beulah[b]; for the LORD will take delight in you, and your land will be married. As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you.

**Romans 8:15-16**

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.[a] And by him we cry, "Abba,[b] Father." The Spirit himself testifies with our spirit that we are God's children.

**Galatians 4:4-7**

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

**James 1:23-25**

Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

**Psalm 22:9-10**

Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. From birth I was cast on you; from my mother's womb you have been my God.

**Proverbs 3:5**

Trust in the LORD with all your heart and lean not on your own understanding;

**2 Timothy 1:7**

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

**Ephesians 4:22-24**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

**Hebrews 10:23**

Let us hold unwaveringly to the hope we profess, for he who promised is faithful.

**James 1:5-6**

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.