

Our Devotion: “Opening Up” by Lindsey Metzger of Indianapolis, Indiana, a professional writing student at Taylor University in Upland, Indiana.

“Bear one another’s burdens, and so fulfill the law of Christ.” Galatians 6:2 (ESV)

I don’t like trusting people with certain parts of my life.

This sounds very ominous, but it’s true. I haven’t had the best track record with trusting the right people with the daily struggles I face. It’s left me cautious of who I let in if I decide to let anyone in at all.

I’m fairly open about my anxiety. There are certain facets of it I don’t talk about often because I don’t think people will understand. For example, I get anxious when I eat in front of others. There are foods I won’t eat with other people because I know how messy of an eater I am.

In a similar fashion, I don’t talk about my struggles with loneliness. The last person I told said to talk to someone else about it because he didn’t care. That was almost three years ago, and I don’t think I’ve talked about it with anyone since.

Anxiety and loneliness have made life hard. There’s a part of me that thinks it’s smarter to keep my problems to myself because then no one has to worry about me. The last thing I want to be to others is a bother, right?

God disagrees. He gifted Christians with community. As one of my friends said, we’re supposed to support each other. Life is so much harder if we don’t express how we truly feel from time to time. If you’re struggling like I am, don’t keep it to yourself. Pray about it; talk to people you trust. You’re not fighting this battle alone.

Prayer: Father, give me the strength to be more open with You. Help me rely on You with everything I face because I’m not facing my troubles alone. Amen.