

## I AM NOT OKAY BUT I AM NOT FORGOTTEN



The first part of that title was a season of hurt, feeling abandoned, confused and asking God so many questions when things seem to be falling apart in my eyes. My heart was not open to receive the maintenance it needed to be restored and made new. It was almost like I didn't want to come out of the "I'm not okay" party, but I really needed to.

I was just too weak to do it by myself, and God knew it would take one of His own to push me back into the right direction.

I remember my husband and I going to our close friend's home to hang and catch up. I will never forget when my friend called me into their room as the guys sat and talked and she said "I had a dream about you and you told me that I have not been there for you like I should. So I want to apologize for not being the friend you needed me to be lately. I thought everything was going well with you by the post you put out and the events you have going on." At that moment I realized that I had not been forgotten by my heavenly Father. Tears flowed down my face as I tried to respond to her. He knew all along that I would have that moment with my friend to be as vulnerable and honest as I needed to be. We cried and we prayed and on that day my heart was open to receive the maintenance it needed to begin the restoration process.

Are you experiencing an "I'm not okay" party? Can I encourage you to not allow yourself to stay there? Can I point out to you that God knew this day would come and He already has someone or something ready to help set you free? Friend, it may not be okay right now, but it will be and not because I said so, but because God said so. We all need that friend who will pour into us and get us back on the

right path, and not entertain our “I’m not okay” party but help drag us out of it.

There is a time for everything and my hope and prayer is that your time for dancing and rejoicing is near. You are not forgotten. You are loved and valuable.

Psalms 34:18 “The Lord is near to the brokenhearted And saves those who are crushed in the **spirit.**”

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*She is a family oriented person, loves spending time with her husband and kids, collector of scarves and a pro at talking big but scoring low at the bowling alley.*