

WHAT TO DO WHEN YOU ARE HANGING ON BY A THREAD

Introduction – Why I Share These Devotionals

Just about a year ago, I found myself stepping back into the WBYZ studio. You may remember me telling this story—how it had been almost exactly a year since I had left, and when I got the call to come back, I felt God tugging on my heart. It was more than a job offer—it felt like a calling to come home. So without hesitation, I said yes.

While unpacking my things in the studio, I came across my devotional book from Harvest Church. It had been tucked away in a box, but when I set it on the counter, I stared at it for a few moments and thought, *Why not share this on the show?*

Now, I'm not someone who's been to ministry school or who has the entire Bible memorized. But I felt a strong nudge from God to share the message inside those pages—*59 Days of Love One Another*. When those 59 days were over, I found myself scrambling for what to do next. No one was writing devotionals for me to read, so I began pulling from my own life experiences—things I was walking through, moments God was teaching me—and talking about them on air.

Because here's the truth: we all go through struggles. We all wrestle with hard days. And I figured, if my story could help someone else feel less alone, maybe God could use it. Earlier this year, I started posting video versions of the devotionals on my social media. I even removed the hashtags, trusting that God would deliver each message to the person who needed it most.

Yesterday, that trust was confirmed in the most beautiful way. I received a message from a listener, Chelsea Miller, who wrote:

“I love the daily reminder that you share. It has brought me closer to God, and I think it’s time to give my life and heart to Christ.” ❤️ 🙏

I asked if I could share her message on Facebook, and she agreed. A little while later, Chelsea messaged me again:

“I don’t know where to start with accepting Christ into my heart, and I would be honored if you would be the one to help me.”

I told her I’d love to. I reached out to my pastor, Tim Carlson, Christ Community Church in Appling County and connected them. **This morning**, I woke up to a message from Chelsea: *“I did it! I just accepted Jesus as my Lord and Savior!”* Pastor Tim also texted to confirm—*She gave her life to Christ!*

That’s when it hit me again: God’s Word always finds the heart it’s meant to reach. I may not know exactly why God led me to start sharing devotionals on the radio, but I know this—when He calls, I don’t argue. I say yes, even if I don’t feel like I’m the best person for the job.

Over my years in broadcasting, I’ve received messages from people who said something I shared helped them realize they weren’t alone—and in at least one case, it saved a life. And for that, I am deeply humbled and grateful.

To all of you who listen, message, and encourage me each week—thank you. You’re part of this ministry, too. God is using it, one heart at a time.

Day 3 – Lean on Your Support System

Scripture: *“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”* – Galatians 6:2

In seasons of deep hurt, the temptation is to withdraw—to isolate until the pain passes. But God designed us for community. We need the prayers,

encouragement, and presence of others when we are weary. Isolation might feel safer, but it often magnifies the loneliness and hopelessness you're already feeling.

Your support system doesn't have to be large. Even one or two trusted friends, family members, or church connections can make a world of difference. Allow them to be the hands and feet of Jesus to you. Let them sit with you in silence, bring you a meal, or simply check in.

And remember—leaning on others is not weakness. It is humility. It is acknowledging that you are human, and that God often answers our prayers through the people He places in our lives.

If you feel like you don't have a support system. I'm here. You can always reach out to me on social media night or day. If you are in need of extra support for something you are going through I will do my best to help assist you in finding the right support no matter where you live. My support system has been scarce as well. I've spent a lot of my life feeling alone and looking for answers and the right support to help me as well. I've been blessed to find friends over the years who have always been there for me. So whether it's a listening ear, help locating a church in your area, counseling or even pastoral care. Someone is ready and willing to be there for you. Never forget that God is Good and he is just waiting on you!

Practical Ways to Lean on Others:

1. **Ask for specific help.** Instead of "let me know if you need anything," tell a friend exactly what would help—like picking up groceries or praying with you over the phone.
2. **Stay connected to your church family.** Attend services, join a small group, or volunteer—serving others can help you heal too.
3. **Be honest.** If someone asks how you are, resist the urge to say "fine" if you're not.

4. **Let people bless you.** Don't feel guilty for receiving help—you can give back when you're stronger.
5. **Consider counseling or pastoral care.** A trained ear can help you see hope you can't see on your own.

Prayer:

Lord, thank You for the people You have placed in my life. Help me to accept their love and support with humility. Remind me that I don't have to carry this burden alone—you have given me a family in Christ to walk with me. In Jesus Name We Pray, AMEN!