

31. GET OVER IT



*Where you are now is not your
forever.*

#NCSAMENTALHEALTHDEVOTIONS

GET OVER IT

John 16:33: "These things I have spoken unto you, He said, that in Me you may have peace. In the world you will have many tribulations: but be of good cheer; I have overcome the world."

There are two things in life we have to overcome. Firstly there are **obstacles currently** blocking us from moving forward in life and secondly **obstacles of the past** that we did not overcome because it defeated us. There are things of the past which we were not able to conquer and now we have to conquer them. Life is full of walls to climb, walls that are blocking our progress. Have you ever tried to climb a wall? I remember when I was young we used to climb everything. Everything and anything that could be climbed, I climbed. Kids are all alike in that way, they will climb trees, fences, shrubs, bushes, poles, even the roof of a house. Looking back at my own life, I am amazed at how I did that. If I had to do any of that now, I would fail miserably.

A few years ago I was in Botswana with a group of pastors. We were involved in a church building project – helping a church in Maun to put up a roof. We were building trusses and the trusses had to go onto the roof. I remember that I had to climb on the wall in order to help steady the trusses ... and I couldn't for the life of me, get onto that wall, even with the help of others. I was struggling. I couldn't pull myself up. I was wondering to myself what made the difference between the time I was a kid and could do all these things versus now that I am an adult.

**OVERCOME ALL OBSTACLES
CURRENTLY BLOCKING YOU FROM
MOVING FORWARD IN LIFE & ALSO
THOSE IN THE PAST THAT YOU
HAVE NOT OVERCOME YET.**

Apart from of course, the obvious fitness level and the more weight I have to carry. I think what played the biggest role was the extra weight I had to carry.

In our everyday lives, it is the same as we get older. God is gracious because as we go through life when we are young, we don't have as many troubles, but as life gets more complicated, we do carry more weight.

When I was young, I **wanted** to be on the roof and on the walls and in the tree. As a kid I also **practised** how to do these things, not purposely, but by doing it every day. I climbed walls and trees every single day, three, four, five, six, seven times a day. I didn't see those things as obstacles. As a matter of fact, I only saw the **reward** at the end. I wanted to be on top of the roof and I didn't care or think how hard it was going to be to get there. Then of course, I also **didn't give up because of pain**. Sometimes I slipped when I was climbing a tree and I scratched my leg to pieces, but I wiped off the blood and kept going. I kept going because I wanted to be at the top of the tree. I wanted to get over that wall. I wanted to sit on the roof of the house and I had no doubt that I could do it. I **knew** I could do it. If I just put my mind to it, there would always be some way in which I was going to get onto the roof. Whether I was using a ladder or whether it was tying a rope to something, there was a way and I was going to find that way. No wonder Jesus said that we should become like little kids. We can learn a lot from them; their faith, their tenacity, the way they just look towards the reward and how they don't care about what it takes to get there.

**PUSH THROUGH THE PAIN OF LIFE
TO GET TO TE REWARD. BECOME
LIKE A CHILD THAT ONLY FOCUSES
ON THE END REWARD & DOESN'T
THINK TWICE ABOUT THE PAIN OR
EFFORT IT COST TO GET THERE.**

We can also learn a lot about walls from the Israelites. There was a wall they had to overcome, the wall of Jericho. You can read the story in the book of Joshua. When the Israelites reached Jericho after they passed through the Jordan River, they were sitting there on the other side and they knew they had to go through the walls of Jericho. That also was not the first time the Israelites had been at the walls of Jericho.

The first generation that came to the land of Israel once encamped at the Jordan River as well. Jericho was on the other side and the Israelites were at the Jordan River. They scouted the land of Jericho. They saw the mighty giants and they said those giants were too big for them. They reported that they couldn't enter the land and could not take it captive. To them, the giants were walls they could not overcome.

Forty years later God brought the second generation back to the River Jordan where they once failed. Yes, sometimes we have to overcome not only the present obstacles, but also obstacles from the past which we were not able to conquer then. It is like playing a video game, you know you cannot advance to the next level unless you complete the level you are on at that specific moment.

It is very sad because 40 years were wasted in the lives of Israel. Maybe they thought they could skip a stage, but that is not how life works. Life has no cheat codes or secret passages that go under the walls or around the water. The only way is over the wall and through the water. We cannot skip a level or a stage in life which we need to overcome. One of the things the Israelites were supposed to do earlier was to enter the Promised Land, and God brought them back to do so.

YOU CANNOT SKIP A LEVEL OR A STAGE IN LIFE WHICH YOU NEED TO OVERCOME. IF THERE IS A WALL TO CLIMB, CLIMB IT.

Where are you supposed to be in your life? What are the outcomes God wants for your life? What are those goals God is pushing you towards? You are supposed to be somewhere already, but you keep failing, you keep missing the mark. You keep stopping and saying, "I cannot do this, it cannot happen." If you are not where you are supposed to be, God will keep bringing you back until you get there.

I remember in school when the bell rang, the principal used to come out into the corridors and if he caught you still lingering in the hallway, he would yell at you: "Young lady, where are you supposed to be?" Then you would run to get to where you were supposed to be.

Has God lately asked you, "My child, where are you supposed to be? Are you not supposed to be in the Promised Land already? Are you not supposed to have conquered some of the sins you are still struggling with? Aren't you supposed to have overcome some of the natural tendencies you are struggling with?"

We know where we need to be. We even make promises to the Lord. I remember Israel made a covenant with the Lord at Mount Sinai. The Lord told them He would give them the land, they must only go and possess it. Israel said they would do everything the Lord commanded, but at the border of Canaan, they didn't do what they said they would do.

Are there things you said you were going to do but you haven't? Things that you said you were going to overcome but they are still in your life?

WHERE ARE YOU SUPPOSE TO BE IN LIFE? WHAT ARE THE OUTCOMES GOD WANT YOU TO ACHIEVE? IF YOU ARE NOT WHERE YOU SUPPOSED TO BE, GOD WILL KEEP BRINGING YOU BACK UNTIL YOU GET THERE.

You have to do what you said you are going to do – all the promises you made to yourself and the goals you set out to accomplish. The Bible is very clear about making promises. Ecclesiastes 5:4 says: *“When you make a promise to God, don't delay in following it through.”* Do you know how it feels when you did not keep a promise? You feel miserable, right? This verse is not there to make you feel guilty, but if you don't keep your promise, you are going to end up feeling guilty. Don't run away from the wall.

I wonder how Israel felt when they had to go back into the desert for forty years. Did they keep thinking that they could have been in Canaan already? Instead of being in Canaan, they were still in the desert, constantly moving, constantly under attack. This is what happens when we don't follow through on our promises. When we say we know what we need to do and we are going to do it, but in the end we don't do it. Especially when we make a promise to God, the guilt overwhelms us and the regrets that we sit with.... I don't want you to sit with regrets and guilt of what could have been. I don't want you to feel the pain when you hear His voice, “Where are you supposed to be?”

Overcoming involves being **disciplined**. Overcoming involves really wanting the reward. Do you want to overcome? Do you really want the reward on the other side of the wall? The reason why the second generation of Israelites overcame and got where they needed to be, was because they wanted to be where they were expected to be. The first generation was kind of okay with being there, it seemed like a good idea, but their hearts were still very much in Egypt.

ACHIEVE ALL THE PROMISES YOU
MADE TO YOURSELF & GOD.
COMPLETE THE GOALS YOU SET OUT
TO ACCOMPLISH. DON'T DELAY IN
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They didn't say goodbye to the past therefore they were not clinging to the future.

The interesting thing about overcoming is that you also need to realise those walls you are climbing will gradually become higher as you go through life. There are many mountains to climb and walls to scale in life and so long as life shall last, there will be no stopping place, no point where you can say you've made it. There is no such thing as, 'I've made it' here on earth. We need to keep advancing, keep growing, keep overcoming and keep climbing those obstacles, one at a time. There will always be difficulties we need to face and they will grow. Jesus tells us that we do not need to worry about these difficulties because He has overcome the world on our behalf already.

We need to get out of our comfort zones because there are many walls to climb. If we look at the path ahead of us and see all the walls we have to climb, we could become discouraged. Luckily God doesn't show us all the walls at once. God says to us: "Today you have a wall, climb it." God wants us to keep moving. Move up, move forward, and move on in order to grow and to develop.

I have this tendency of not renewing my cell phone contract when it expires and it is time to upgrade. I actually cancel it because I still have a phone. I don't need a better phone. My phone is still working, it's still fine, I am comfortable with it and I don't want to upgrade. So I cancel the contract instead of upgrading because it is going to cost me to get something better and I don't want to pay the price.

THERE ARE MANY MOUNTAINS TO CLIMB AND WALLS TO SCALE THERE IS BE NO STOPPING PLACE. YOU NEED TO KEEP ADVANCING, KEEP GROWING & OVERCOMING. REMEMBER YOU ONLY HAVE TO CLIMB TODAYS WALL..

When you are called to something better, do you say it is okay, you don't need the upgrade and you don't need something better? Do you feel comfortable with what you have now? You know something better is going to cost you sacrifices, and you don't want to pay the price because it is too expensive?

You should be changing and advancing. You should be upgrading and overcoming. Each day, every week, every month, you should be different people. It does not have to be drastic changes, but upgrades are needed. You need to climb the walls and overcome and become better at what you do and how you live out your Christian character. Please remember that where you are right now, is not your forever. But you can postpone the growth process by delaying, by not facing the obstacles that are lying ahead of you, by not climbing the wall.

The Israelites came to the border the first time and the Promised Land was theirs. All they had to do was to overcome the walls, but the walls of Jericho seemed to stop them from getting what they were aiming at.

We too have walls we need to overcome, sacrifices we need to make, things that are still in our lives and stopping us from really moving to the next level into a better life. Things we may have to overcome can be discouragement, fear and confusion, prejudice, earthly desires and temptations, selfishness and our inclination towards sin. We also have natural and heredity tendencies we got from our parents that we need to overcome. We have coarse and harsh and ungenerous traits of our disposition that we need to overcome.

**YOU SHOULD BE CHANGING &
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UPGRADING & OVERCOMING. EACH
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YOU SHOULD BE DIFFERENT PERSON.**

Some of us need to overcome our carelessness and recklessness, our neglectfulness and disorderly habits in life. There are weaknesses, certain bad habits and difficulties in our character. Some of us struggle with impatience and fretfulness. Some of us have wrongs and failings and evil in our lives. Some have a temper and faults and infirmities and ungodly ambitions that we need to overcome. We sometimes need to simply overcome our circumstances and not allow that to get us down. Sometimes we need to overcome the world, we need to overcome our own human flesh and the devil that is fighting against us daily.

These are all walls in life. You might say it is a lot to overcome. You are not expected to do it all at once. You are not expected to climb every single wall in one day. The Lord only places one obstacle in front of you at a time. He says to you that He has given you the strength to overcome and to get to the other side of the wall. Go ahead in faith and climb that wall. Know that you will make it. The reward is yours.

In John 16:33 the Lord gives us this security: *“On this earth you will have many trials and sorrows. But take heart, because I have overcome the world.”* He has overcome all the things we need to overcome on our behalf already. He helps us to climb the ladder as we grow in sanctification. To overcome is going to be a sacrifice and there are things we will have to give up. It is important to realise that we need to keep climbing the levels of life, we need to keep climbing and progressing in life to go higher and higher.

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OTHER SIDE OF THE WALL. GO AHEAD
IN FAITH AND CLIMB THAT WALL.**

I remember growing up, we used to play a lot of video games. These days we play computer games or PlayStation, but we didn't have PlayStation those years. The fun part of the games was overcoming the difficulties on each level to progress to a higher level. At each level, the game would unlock new tools and new skills for the avatar.

Why is it in the game of life that we've stopped being excited about the next level? Why do we forget that the next level is going to be harder? We forget what lies in the challenge! We forget that the exciting part is to see if we can do it, if we can overcome. And when we've overcome in life, we forget that we've done it by God's grace!

There's a well-known saying, '*the greater the struggle, the greater the reward*'. Why is it that we only believe this in games and not in real life? Just as in games, when we upgrade to a new level and getting new tools and skills to use in the game, God is helping us to overcome the struggles in life, the walls in life, by building our skill sets. He is helping us at every level. He is increasing our strength and our faith and we get new skills and new tools at each level. We become more equipped to complete the challenges before us.

There are stages of transformation in the game of life. Television games or computer games make a sound when you upgrade to a next level. In life, if you spend time with God and you commit to the game and its progress, you will also hear a sound that tells you it is time to move to the next level. This sound is the voice of the Holy Spirit, saying: "*This is the way, walk in it*" (Isaiah 30:21).

**GOD IS HELPING YOU OVERCOME
THE WALLS IN LIFE, BY BUILDING
YOUR SKILL SETS. HE IS
INCREASING YOUR STRENGTH &
FAITH & GIVING YOU NEW SKILLS
& TOOLS AT EACH LEVEL OF LIFE.**

Sometimes when you hear the voice saying that it is time to move on now, it is time to upgrade, it is time to start overcoming these walls, you don't want to because it is uncomfortable.

We've become stagnant like Israel. Israel would rather return to Egypt, would rather wander the desert, they would rather stay at level two or even level one, because it was too painful to continue. To overcome means that we will have to go through different kinds of pain. The problem is that we are so scared of pain. The gurus say we are already in pain, we might as well get something for the pain we are suffering. Why do we want to sit with the pain of the past, when we could, with a little bit of new pain, move to a higher level of life or a more successful way of life?

By the way, if your attempts to overcome haven't worked, if you haven't been able to climb the wall and you can't seem to crack the level you are on, **stop trying to do the same thing hoping for different results.**

One of the things we do in order to try and climb the wall is to try doing it in our own strength. It doesn't work. Do it God's way, even if God's way might seem crazy. Think about the Israelites when they reached Jericho and they had to overcome the wall. What did God tell them to do? He told them to put the trumpeters and the priests in front and the warriors at the back and to march around the city quietly. He could have told them to build a ramp, or to break down the gate, or to dig under the walls. That was probably what they expected, but God said no, that was not the way to do it.

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The Bible tells us that God's ways are not our ways. The reason why we often don't overcome is because God's way seems so simple, it seems almost crazy. It seems as if it is never going to work.

The way to overcome is to have Christ in our lives, because He has already conquered on our behalf. Sometimes we don't believe that. We don't believe it is that simple, it is that easy to climb the walls of life. God is the One who goes ahead of us and conquers on our behalf. *With the help of God, ordinary men can rise to the occasion and give the world something they've never seen before. Is that what you want for your life? To hear people ask, "Wow, how did you do that?" and for you to answer like King David in Psalms 18:29: "... by my God I have leaped over a wall."*

In Romans 8:35 and 37 we read the following: *"Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have troubles or calamity, or are persecuted, or hungry, or destitute, or endangered, or threatened with death? No, despite all these things, we are more than conquerors through Christ."* These verses are so beautiful to me. It is saying that we can overcome all the things that look like obstacles, because we have Christ in our lives.

The reason why these obstacles are in our lives, is not because God doesn't love us, it is because He wants to grow us. He wants to give us victory through Him. He wants us to grow and to develop in faith. He wants us to learn that we can trust Him when the trials of life and the walls of life come our way.

THE REASON WHY WE OFTEN DON'T OVERCOME IS BECAUSE GOD'S WAY SEEMS SO SIMPLE, IT SEEMS ALMOST CRAZY. IT SEEMS AS IF IT IS NEVER GOING TO WORK. DO IT GOD'S WAY EVEN IF IT SEEMS CRAZY.

God puts us in the school of faith to teach us faith. He wants to show us that we can be worthy of an upgrade. Hebrews 3:19 and Hebrews 11:30 refer to the faith that we need to have. The Israelites could not enter the Promised Land the first time because they had a lack of faith and it seemed an impossible task for them to fight the giants. They could not believe that they could fight the giants by simply trusting in God and going ahead in faith. They had a lot to say when they reached the borders of Canaan. They complained about how vast the land was and how big the giants were and how small they as Israelites were. They looked like grasshoppers in the eyes of the people of the land. When the second generation reached the border, God put them in a school of faith. He told them how they were going to do it. (He also told the first generation, but they didn't obey, they didn't listen.)

The instruction God gave the second generation was to walk around the city and to be quiet. Interesting how it was so very different from the first generation who was complaining and talking a lot about how it could not happen. The result was that it didn't happen for the first generation. I am sure the second generation was also tempted, but God told them to be quiet.

Have you noticed how your other senses heighten when you are quiet? When we talk, we miss a lot of things in life. Every day, for six days, they had to walk around the city and on the seventh day they had to march around the city seven times, while they were quiet. They observed and took everything around them in while they marched quietly around the city. Just imagine that.

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Jericho was one of the oldest cities on earth and it was 2000 years old when the Israelites arrived at the city. Jericho was a symbol of military power and might. The Canaanites thought Jericho was invincible and in human strength, they were right. As the Israelites marched quietly, they looked around them and saw that the walls around the city were 10 metres high and 6 metres thick. It was one of the strongest and most fortified cities in Palestine. It was the stronghold to the rest of the land and was seen as the mighty gateway into the rest of Canaan – if you could take Jericho in, the rest of Canaan would fall to you as well. It was the most impenetrable city the Israelites could ever imagine and God took them there, to their biggest obstacle.

They probably saw the giants standing on the walls. They saw the giants they were scared of, mocking them from the walls. I do not know whether the giants were in Jericho, but the Israelites saw people on the walls mocking them, taunting them, screaming at them, maybe throwing things at them. They noticed how completely impossible it was in human strength to take in the city. God put the nation in a **faith-building** programme because He wanted them to see **that the impossible is possible with God**. They had to learn the only way to overcome the impossible, was in God's strength. For man it was impossible to conquer the city, but with God all things are possible.

SEE THAT THE IMPOSSIBLE IS
POSSIBLE WITH GOD. LEARN THAT
THE ONLY WAY TO OVERCOME THE
IMPOSSIBLE, IS IN GOD'S STRENGTH.

There are going to be walls in your life. As a matter of fact, many walls. When you look at them, make sure that you **want** what is on the other side of the wall and focus on that. Focus on the rewards you will get. Overcome each obstacle so that you can grow stronger and gain more skills. Don't worry so much about the pain. Wipe off the blood and keep going, stay focused on the reward. Have faith in God that He has already overcome, and go ahead, step over the wall.

A man told the story of the time when they were kids. When they were faced with a big wall they had to climb, they threw their hats over the wall. They had no other choice than to find some way to overcome the wall to get to their hats. Sometimes, we need to just throw our hats over and say to the Lord, "My hat is there now. With your help, I am coming to fetch my hat."

Revelation 2:11 says to us: "*And they defeated him by the blood of the Lamb.*" May you defeat the walls of life by the blood of the Lamb and by having faith in Him.



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