

# Introduction

## Help Me Lord, I Feel Fragile

Help! When I can't control my feelings, when my emotions are unpredictable, when I feel vulnerable and fragile, that is when I need a hand to help me through. Sometimes the tunnel gets dark and I can't see my way. That is when I need a light.

May these gems of truth be a guide for you when you have lost your way. I pray that God's Word will be a light when the night gets dark, a comfort when you are unconsolable, and peace in the midst of your storm.

## Let's get started

Each section is labeled with a gray title band to assist in finding the area you are struggling with. For example, when you are feeling afraid, thumb through the pages to the *I Am Afraid* section. In each section, there are encouraging words from the Holy Bible. These scriptures are tailored to speak to you while going through a particular emotional or physical difficulty. When you have found the area you are struggling with, read the references that address the issue. Please take some time to reflect on each scripture. If a particular verse speaks loudly into your spirit, it may be one you want to dedicate to memory. A great idea is to write the verse of Scripture on several sticky-notes and place them in strategic places where you will see them throughout the day, such as the bathroom mirror, refrigerator, and computer

monitor at work. The more sticky-notes you have, the better. Keep them there for at least a week. If you need more time, leave them up however long you need. By the end of your desired time, you will have memorized that particular verse of Scripture simply by reading it frequently. Let the living Word of God wash over your spirit and encourage you. Think of each scripture as a daily dose of spiritual medicine.

**Disclaimer:** If you are on medication, please **do not stop** without a physician's approval. Physical needs are often treated with physical medicine. This book is intended as a supplement to assist with your spiritual health. Medicine may be needed to help you physically. Add this supplement to help with your spiritual needs.

*“But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you.” ~ 1 Peter 1:25*

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Included in this manuscript are Inspirational comments for encouragement. They are set apart and in italics.