

## Find Solutions

Written by Lillian Chebosi  
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There are two kinds of people, those who dwell on problems and those who look for solutions to the problems they come across. I happen to have very low tolerance for dwelling on problems. Whether it's at work or in my personal life, I am always more than eager to find solutions, to move on to the step of solving the problem.

Some of the challenges I have faced I have found to be mentally and emotionally unhealthy to dwell upon. With such, after I have gathered the courage to face the reality, I bear it before the Lord and leave it with Him. I then make a deal with myself to only think or talk about the situation with the Lord.

I don't like to worry, so whenever the thought of the problem I am facing comes to mind, I remind myself that I can't ponder over it outside the atmosphere of prayer. I learnt early enough that I have no business worrying over things I cannot change or control. So I lay them at the feet of the One who has the power make all things work together for my good.

Dwelling on awful problems is just a recipe for sadness. I figure, why succumb to sadness when there's an option for joy? The Bible commends us to rejoice at all times. The only way we can do that is if we don't carry the heavy load of our problems. The Lord invites us to cast our cares and burdens to Him. So why burden ourselves with problems that weigh us down when we have been provided with a way out?

What is it going to be for you going forward? Are you going to dwell on the problems and challenges that plague your life, or are you going to find solutions for them? Which do you prefer, misery or joy irrespective of your circumstances? I choose joy. I choose to find solutions to my problems. I choose to lay the problems outside of my control at the feet of Jesus, and watch Him come through for me as He has done over and over again.

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For His Glory,

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