

## Christ Is My Adequacy

To often I find myself in a corner, my own inadequacy apparent to all. My denial expressed in fighting or fleeing rather than a willingness to face the problem at all.

Then I notice my cravings start to magnify, Oh so subtle like a beginning thirst. Blocking out my focus on Christ, trying to satisfy what seems to just get worse.

Finally, everything comes crashing in as my world becomes upside down. I call out in my pain for God to rescue me, even though my hardened heart is trampled to the ground.

But when I come out of denial and stop reacting to my own flap, then I claim Jesus Christ as my Lord, using His power to live above the inadequacy trap.

Robert W. Roddy, Jr.