MISSING THE OBVIOUS

by Angie Witman, LCP, LCMFT

Sometimes during sessions, I think my clients simply miss the obvious. By that I mean, sometimes there is something that seems so clear to me that I can’t believe they can’t see it too. A common example of this is when the client has hopes that someone they love will change but yet it is evident to me that their loved one is taking little to no responsibility for their part of the problem. Thus, without assuming responsibility, there will be no awareness of the need to make changes, not to mention there will be no accountability. Similar to this is when the client keeps thinking and doing things the way they have always thought and done things, but they are confused as to why their situations do not improve. These roadblocks seem obvious to me, as their clinician, but often elude the client.

I wonder how many times God is sitting up there, shaking His head, thinking the same thing about us. Sometimes we just miss the obvious! For example, the very fact that you and I are here means we have tremendous value in God’s eyes; otherwise, He would not have created us. He did not have to bring us into existence, He chose to. Yet how many people struggle with self-worth? And how many people do not realize they have purpose in life? It is obvious that we were meant to be children, siblings, parents, grandparents, aunts or uncles, friends, coworkers, etc.; whatever relationships we have, we were meant to fulfill those roles. However, we also have other purposes or missions as well.

God created us for multiple reasons, but we question what that one ultimate purpose may be and wonder if we are fulfilling it. And what about those tricky relationships? We wonder why we have to be around these people or why God placed us in the family he chose for us. While some of these relationships can be very difficult and heart-breaking, we have to know that God has a purpose for these in our lives or we would not know these people. That is not saying God approves or likes how people mistreat others—not at all. But He knows we are capable of profiting from these relationships if we trust Him, as He says in Romans 8:28, “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” These difficult relationships are allowed by God to help shape us into the person He desires us to be. This is the same with difficult situations, as God only allows us to experience that which He knows has the ability to strengthen us spiritually, relationally, emotionally, etc. Another obvious piece of this is that God is bigger and more powerful than any of our circumstances, no matter how impossible they might seem. John 16:33 says “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” Whether we grow from difficult relationships and situations depends upon our choices as to how we think about and respond to these. Thus, pray for understanding, for guidance, and to be responsive to God.

In other words, if it is happening, then there is a reason. It’s either happening because it falls into God’s perfect will or permissive will, but none-the-less, God is very aware of what is going on and has allowed it for some reason. There are no accidents or coincidences. God has it under control without being controlling because that is just how awesome He is.

So the next time you question something, remember the obvious: 1) you are here because you are supposed to be, 2) you have value and worth because God chose to breathe and speak you into
existence, 3) you have many purposes, 4) you have something to offer difficult people and situations, 5) you have something to learn from difficult people and situations, 6) you can grow from difficult relationships and situations, especially spiritually, and 7) God is bigger than your circumstances. You are part of the great tapestry God is weaving together, and your thread is supposed to touch multiple other threads (people and their lives) and your thread is meant to be in God’s masterpiece for as long as He chooses to weave you through. Remember, God loves you! It doesn't get much more obvious than that.

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