

Better Casting

Stephen Mesa, Chaplain, Post 475

As individuals, we all have issues that cause us anxiety. Our anxiety level may be of differing degrees, or of a different type. Regardless of whether the issue is financial, physical, emotional, or relational, we all have something that bothers us.

What do you do when you're feeling down or troubled? Do you have a comrade you can share your concerns with? Do you seek counsel? Confucius is credited with saying, "The man who asks a question is a fool for a minute, the man who does not ask is a fool for life."

While in high school, if there was something I didn't understand, I didn't raise my hand to clarify my misunderstanding. I was setting myself up to be a fool for a lifetime. However, when I was in Advanced Individual Training (AIT), I was determined to get all I could out of my military training. What I learned was far more than just the answer to my question. We would step outside the classroom to take a break and refresh. One of the first things I learned is that other people also had a similar question, but they didn't want to be thought of as a fool. They asked me to explain the answer. Thereafter, I had no problem raising my hand to ask questions.

We don't have to be burdened with shame or guilt because there is something we don't know. I can't speak for my sisters in uniform, but I think men often think they should know the answer or how to fix a certain type of problem. Because they don't, they believe a lie, that a manly man has all the answers. The opposite of a manly man is not an effeminate man. It is an immature one. Where do we go for advice? My advice is to take it to the Lord in prayer.

I choose to go forward in life with a Christian worldview. Therefore, when I have burdens, I go to the Lord in prayer. "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" ([Matthew 11:28-30](#)).

My casting for answers to my problems becomes much better because I am going to the Creator for answers. My prayers are like me raising my hand in class. Something like a pebble in my shoe troubles me, and I want to eliminate the discomfort. If that's you, call upon the Lord when you have questions or concerns. He can handle it. Your answer may not come right away, but by listening to those he has put around you, the answer often comes.