

We know that only God can change some things, but too often we take action and try to force it, which only leads to greater frustration. The psalmist says that unless the Lord builds the house, those who build it labour in vain. How many of us are labouring in vain, constantly struggling, always trying to force things to happen, trying to change our spouse or partner, or convince a co-worker to like us, or harping on our kids to get back on course? We are trying to control what we cannot control. We are working harder than ever, but not seeing any improvement. Everything is a burden. That is labouring in vain.

You don't need to try to manipulate people or convince someone to be good to you. You don't need to force doors to open. You don't need to make your business grow, make yourself get well, pay someone back for doing you wrong, or prove to someone who you are. All that is going to do is drain your energy, steal your joy, and stifle your creativity. God is saying: "Leave it alone. Let Me build it."

Psalm 127:1 "Unless the LORD builds the house, the builders labour in vain."