The sky isn’t always blue. Dark clouds are always going to be part of the landscape at times. Life happens and things can rob us of our joy.

Sometimes we don't feel like luck is on our side, whether we believe in luck or not. At times we can feel like it's St. Patrick’s Day and we didn't wear green.

Pinch! Pinch!

Sometimes it can feel like we just keep on getting pinched when things keep going wrong. There are times when we may feel like the bully on the school ground is pinching us long and hard and won’t let go.

When we are pinched, we feel squeezed. Hey, it hurts to be pinched in life! It smart. It stings. Sometimes it makes us cry. It may even make us act out of character for a Christian.

Let’s take a look at what really happens when we are pinched.

**Pinching pressure makes us lose our color.**

When our skin gets pinched one of the first things that happens is that our skin turns white in that area. You might remember learning in school that this happens because the blood flows out of the capillaries because of the pressure.
Pressure is basically a force. It’s something that bears down and when that force is used against us it can cause some agony and some pain. Ever had a pinch in life and the color flowed right out of you? Lose your joy for a little bit? Got a little depressed? Had a little pity party for yourself?

It is going to happen and it is even okay to feel the pain. It is okay to cry. There are times when our enthusiasm, passion, energy, and even our joy is just going to drain right out of us.

Face it. Sometimes you just can’t avoid the pinch. Just don’t let a pinch rule your life. It may steal the joy from your life for a time but don’t allow it to steal your capacity for joy. In other words, don’t cut off your own joy supply.

When we are pinched physically, the blood flows elsewhere but when the pressure is released, the blood flows back. When our joy is cut off when we have those pinches in life, it should flow back right away when the pressure is gone. Our circulation shouldn’t be cut off very long. We need that joy of the Lord to have a healthy life as a Christian.

We have to turn to the Joy Giver. We have to turn to the Lord for our joy. He will be there for us waiting and willing to hold our hand through the pain. When the pressure is on, run to Jesus! That’s what David did in Psalm 142.

*I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplcation. I poured out my complaint before him; I shewed before him my trouble. When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.*  
*Psalm 142 1-3*

**Pinching can leave bruises.**

Bruises can sometimes appear all of a sudden on our skin after we have been pinched. I have always bruised easily so if someone pinches me, I am going to get a bruise. No doubt about it.

When something goes wrong in our lives, we are sometimes left bruised and achy. We get sore for a while. Like I’ve already mentioned, bad things that pinch us in life can hurt.
I read an article the other day that said as you age that bruising happens more easily. I find that happens in life. As I am beginning to age, I allow things to bother me more easily. I have to admit that I sometimes let little things have more weight than they should. It’s easy to look at unpleasant little things like they are mountains staring down at you.

The pressure can feel so uncomfortable that it is hard to get past because you feel like your circulation is being cut off at that instant. Life kind of stops as you blink your eyes while you are in that moment of pain. All of a sudden you look down and you have this big bruise you need to nurse.

Life squeezes happen to all of us, but don’t live in the bruise, my friends. Don’t get so discouraged that you can’t get over it. Stuff happens. Sometimes it pinches. Sometimes we can get pinched hard in life, but we can’t stay in the bruised moment. That isn’t to say that it lessens our hurt. Hurt is real and it can be felt, but we have to move forward.

We have to get over it so don't keep that bruise to yourself. Give it to the Lord. Do you ever show your real bruises to your family and friends? You want them to feel your pain. Show God your bruises. Tell Him about all your hurts. Tell Him about the pressure that is turning you white and lifeless. Only the Lord can comfort you and help you move on.

David learned that lesson in his life. He learned that God was all He had.

*I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul. I cried unto thee, O LORD: I said, Thou art my refuge and my portion in the land of the living.* Psalm 142:4, 5

**Pinching hurts in some places more than others.**

Okay, pinching our skin hurts, but I’m sure you realize that some parts of our body hurt worse when it’s pinched. We can pinch our fingers and maybe it’s not so bad. You could probably get your elbow pinched and maybe it won’t make you scream. However, what about delicate parts of us? Pinch a little bit of neck skin....ouch!
Those pinches in life are like that too. Sometimes little squeezes don’t bother us. Maybe even something really bad happens or a health issue arises and we can handle it just fine, but when it hits our sensitive parts it can really sting. Maybe it’s something in relation to our kids or our family. Maybe a financial pinch can get our worries up and put the pressure on.

We are all individuals and we each have different things that we are more sensitive about than others. When circumstances and little pinches start squeezing those sensitive and delicate areas of our lives, it smarts. Whew. Talk about nerve endings. Ouch. Pain intrusion!

God knows us. He knows what is going to squeeze us and pinch us more than others. He knows where our nerve endings are. He knows how much pressure it takes to zap the air right out of our life. He knows when we are in pain.

The Lord is already aware of those things, but He wants us to take those hurts to Him anyway. He wants us to rely on Him. The Lord is not going to call us “oversensitive” or tell us to “get over it”. He wants us to give Him all of our burdens...all of our pinched skin as it were.

That’s what David did as we read on down in Psalm 142.

*Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I. Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.* Psalm 142:6, 7

**Conclusion:**

I think sometimes people are afraid to acknowledge pain in their life, especially Christians. Like they are stoic and they are mature and strong and can move right past it. Sure, you might, but sometimes later down the road, you start thinking about it and allowing that old, distant, long-forgotten hurt and pinch in life to rear up and overtake you.

Just deal with hurt and pain when it is there. Allow yourself to acknowledge that you have a little pain in your life. Cry. Grieve. Share it with a friend.
Pray over it. Don’t just think it is like water rolling off your back because those pinches can add up and if you never really acknowledge you have pain in the moment, it can haunt you down the road in the future.

I’m not saying to be overly sensitive and cry at everything and make mountains out of molehills, but when you hurt, just acknowledge it, give it to Jesus and move on.

The only way to release the pressure that pinches us and holds us in its grasp is to give it over to the Lord. If you do that, you will feel the tension leaving. The problem won’t always go away right away. Sometimes the problem may never go away entirely, but God can help us handle the hurt.

God has different ways of answering our prayers, but He will take our burden and carry it for us. Only He can release the pinching pressure and give us peace.

Did you know you are supposed to rest your arm or whatever you have bruised for awhile after it gets pinched? Whether it is true I do not know, but it is something I read somewhere. Resting it is supposed to heal it faster. Hello! Look at what resting in the Lord can do for us. The Lord is the Master Healer.

*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.* Matthew 11:28-30

Sometimes I feel like I’ve got this mark on me. I feel like a little kid and I’m the only one not wearing green on St. Patrick’s Day. I sort of get this perception that I’m a target for the pinches. Ever feel like that?

It’s so easy to get swamped, knocked around, and get under that pressure of life. Sometimes I can just feel myself going white with pain. The pinch closes in. Everything blacks out momentarily. I see stars.

I know that all those pinches come with life, but I also know as a Christian that the squeezing moment is not the place I want to stay. Sure, I am going
to feel it. I may even see the bruise. Pretty soon I am going to have to acknowledge that I have been pinched, but living in hurt all the time has consequences. It makes us bitter. It makes us joyless. It makes us discouraged.

Another thing living in the hurt continually can do is make us look inward and downward and not upward and outward. When we constantly live that way, we start living more for self. We stop concentrating on other people and only look out for ourselves. It becomes all about me, me, me.

I don’t want to live that way. I want to hold on to the Lord’s hand and let Him help me bear the pain. Frankly, I’m not strong enough to go it alone through all the pressures and pinches of life. I need His help. I need His joy.

...for the joy of the LORD is your strength. Nehemiah 8:10

Psalm 142 is all about some of David’s hurt in life. He was going through one of those times where he was being pinched and squeezed. He had to just run to the Lord and pour His heart out. He had to run to the Joy Giver! When we get to that point of pressure, running to God is what we have to do. What I like about this prayer is how David ends it. He says,

Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me. Psalm 142:7

I love that it says, “praise thy name”. That’s what we should do when we come out of the squeeze. After we have given our burdens and pinches and squeezes over to the Lord, it should make us want to “praise” the Lord. Living with praise on our lips is so much better than being continually miserable in the hurt zone.

So, are you living in the squeeze?