

Thoughts from the Prayer Corner 4



During these past few weeks of lockdown when our freedom to move around and meet up with family and friends has been severely curtailed, I wonder if you have had whole days or even longer when some or all of the words above weigh heavily upon you and you feel crushed by the intensity of them.

Maybe you have felt guilty for doing so, after all, we have somewhere to live, food to eat and communication by phone, video calling etc. and yet.....

It is alright to tell God how you feel and even go so far as to book a time to just be "miserable" with Him. There are plenty of times recorded in the Psalms when the Psalmist does just that:

Psalm 13:2

How long must I wrestle with my thoughts and day after day have sorrow in my heart?

Psalm 25:17

Relieve the troubles of my heart and free me from my anguish.

Psalm 31:9

Be merciful to me, Lord, for I am in distress, my eyes grow weak with sorrow, my soul and body with grief.

Psalm 42:5

Why my soul are you downcast? Why so disturbed within me?

We are not alone, Jesus is fully aware of our humanity and he too shared our emotions. He too was fully aware of how it felt to be cut off from His Father:

Matthew 27:46

About 3 in the afternoon Jesus cried out in a loud voice "Eli, Eli, lema sabachtani?" (Which means "My God, my God, why have you forsaken me?")

JESUS UNDERSTANDS

Why not book a time in your diary just to be with Jesus.

*He lifted me out of the slimy pit, out of the mud and mire; **he set my feet on a rock and gave me a firm place to stand.***

Psalm 40:2

For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.

Psalm 27:5

He hears my voice

**Be anxious
for nothing**

HOPE

Peace

Healing

Truly he is my rock and my salvation, he is my fortress, I will not be shaken. My salvation and my honour depend on God; he is my mighty rock, my refuge. Trust in him at all times you people; pour out your hearts to him, for God is our refuge.

Psalm 62:5-8

Amen