

PSALMS OF HOPE

@UnitedChurchFerndown

United Church Ferndown's 2023 Lent Programme

Monday 20th March

Reflection #27

WE CRY OUT



Pray:

Lord, let everything I do in this season of Lent come from you, be inspired by you. I long to be closer to you. I long to receive the hope that you offer. Help me to remember that nothing is more important than you in my life. Help me to rely on you for help. I want to walk in your footsteps, Jesus. I confess that I have often felt I knew better and ignored your presence. Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out and feel your hand and love there to guide me. Speak to me in this moment, Lord God. **Amen.**

Introduction:

I used to be a teacher. The school I was teaching at when this incident happened was not the easiest of places and something occurred one day which upset me dreadfully, so much so that I could not sleep, yet I knew that I needed to sleep to have the energy and courage to face the next day. I was pretty desperate. At some point in the night, I got out of bed and knelt by my bedside. I didn't actually cry out! In fact, I didn't say anything! I knew God knew all about it. I just knelt there, the very position I was in indicative of just how helpless I felt and how desperately I needed God's help.

I don't remember now what the incident was, nor how things went the following day – I've been retired almost 30 years – but I do remember that after kneeling there for some time, and starting to feel cold, I climbed back into bed and slept soundly till morning. In the morning, before leaving for school, I did my daily Bible reading. I was using William Barclay's Daily Study Bible on Revelation at the time and in his commentary he wrote: 'The comforting voice of Christ is still speaking in the heavenly places ... If we had patience to wait and trust, we would see that God has his own solutions for the situations which bring us tears.'

**Read:****Psalm 22:1-2 & 19 (NIV)**

- ¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
- ² My God, I cry out by day, but you do not answer,
by night, but I find no rest. ...
- ¹⁹ But you, Lord, do not be far from me.
You are my strength; come quickly to help me.

Consider:

Am I struggling? Beginning to go under? Nearing the end of my tether? Am I trying to battle through on my own?

Pray:

That we would truly be able to cast our cares on the Lord and know his sustaining grace (Psalm 55: 22).

Try it out:

Let go! Let God!