

ANXIOUS?

Psalm 31:9-16

Saturday, April 6, 2019

Be merciful to me, O Lord, for I am in distress... But I trust in you, O Lord. I say, "You are my God."

I tend to be an anxious person, a worrier. Concerns about personal situations, the world social, political and environmental problems and disunity within the church have all given me insomnia. I even feel anxious about feeling anxious since Scripture clearly teaches that we shouldn't, and we all know that guilt leads to anxiety. I don't enjoy these feelings. They make me physically sick, depressed, exhausted and miserable. After all, "An anxious heart weighs a man down." (Prov.12:25)

Of course, what I'm describing is not just my condition. It's part of the human condition. All of us feel stress and suffer physically and emotionally because of it. King David certainly did. In Psalm 31:9-10, 12, he described that suffering: "I am in distress...my eyes are weak with sorrow, my soul and my body with grief...my life is consumed by anguish...my strength fails and my bones grow weak... I have become like broken pottery."

We are so much like David. Like him, we are anxious, but also like him we are beloved by God. David knew he was not hopeless. He acknowledged that his God in whom he placed his trust is the God of truth and unfailing love. (Ps. 31:5, 14, 15) David's anxiety gave him grief, but his faith gave him hope and enabled him to see that, "My times are in your hands." Glory!

During Lent we do some serious self-examination. As we reflect upon what we discover about ourselves and our relationship with God, let's remember that our times are in God's hands. His redeeming love is our hope ... certain and sure... no matter what may happen.

Prayer: Father, We praise you and thank you for your unfailing love. Help us to remember that our lives are in your hands, even in life's most stressful situations. Thank you for saving us. Amen.

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