

## The Grace of God

Scripture: Psalm 107:17-22

Date: March 12, 2021

Message:

*Then they cried to the Lord in their trouble, and he saved them from their distress.  
He brought them out of darkness, the utter darkness, and broke away their chains.*

*Psalm 107:13-14*

Sometimes in the church, those suffering with mental illness are met with the response to “just pray about it” and are even blamed for their mental illness as a result of sin. However, God does not give us depression or anxiety or any other form of illness as a punishment or to test our faith.

The act of presence is powerful for those with mental illness or any other illness. To know that one is not alone and abandoned in this world can help even when one cannot see the immediate effects. Praise be to God that Jesus Christ came to be present with us and remains with us each and every day. This passage from Psalm 107 speaks of the grace God grants to all when we cry out. God hears us even when we cannot put our prayers into words—through our tears, our anxiety attacks, our doubts.

We may find ourselves in various “pits” at times, whether it be depression, issues with money, or any other overbearing aspect of life (because there are so many). However, God digs us out of those pits because of God’s faithful and never-ending love for us. It may look like seeing a doctor for a prescription for one’s mental illness or it may be a friend reaching out with a phone call or card. In whatever way it may be, God seeks to be with us in our valleys and on our mountaintops, present every step of the way.

It is my hope this Lenten season that we can take the time to celebrate Christ’s amazing ministry but also be able to mourn the loss of God’s only son. Let us sit in all the feelings that may come our way this season.

Prayer:

*O gracious and loving God, we thank you for your amazing presence in our lives. Many of us have suffered from mental illness and great loss over the past year, but your love remains steadfast even in our pits of despair. Let us find joy in this season and reach out to those who need your presence. It’s in Christ’s holy name we pray. Amen.*

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