

A Prayer of DiSTRESS? the secret of PEACE!

This was meant to be two different subject matters and probably should end up as two different articles. You know, it all came together as one article instead. Does the title make any sense to you?

A few weeks ago, the Abundance Cell Group was into the topic of “A Prayer of Distress” when we were having our Bible study using the booklet on “Praying the Psalms” by Juanita Ryan. The chapter reflected the need for God’s presence and care in our lives. This follows the challenge of how we have difficulties in bringing our troubles to God when we are in distress. Hence, we have the difficulty of praying when we are in distress?

The passage in Psalms 57 highlighted David’s cries to God in distress and how God intervened for David as a result of his steadfast heart and response to his faith in God. The Psalms encourages us to remember how God can intervene when we are in distress.

I wrote the following in preparation for the Bible study, but did not share it eventually. I was wondering if it rhymes. Does it make any sense at all? This was my attempt to respond to the part where we were asked to write a prayer or a poem thanking God for His help in our times of distress. Let me be bold and share my amateur version with all of you.

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*“I cry out to God in times of need!*

*He heard my cries and wiped my tears as I whole-heartedly seek.*

*It was my greed that I wanted more mercy from his fleet.*

*His Love abounds though it is pain that I can only see?*

*Give thanks to God as the Only One that I should daily meet.*

*God’s word should be the only thing that I heed?*

*Yes, I should let Him take the lead!*

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¹ Have mercy on me, my God, have mercy on me,
in you I take refuge.
I will take refuge in the shadow of your wings
until the disaster has passed.

² I cry out to God Most High,
to God, who vindicates me.

³ He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his faithful-
ness.

⁴ I am in the midst of lions;
I am forced to dwell among ravenous
beasts—
men whose teeth are spears and arrows,
whose tongues are sharp swords.

⁵ Be exalted, O God, above the heavens;
let your glory be over all the earth.

⁶ They spread a net for my feet—
I was bowed down in distress.
They dug a pit in my path—
but they have fallen into it themselves.

⁷ My heart, O God, is steadfast,
my heart is steadfast;
I will sing and make music.

⁸ Awake, my soul!
Awake, harp and lyre!
I will awaken the dawn.

⁹ I will praise you, Lord, among the nations;
I will sing of you among the peoples.

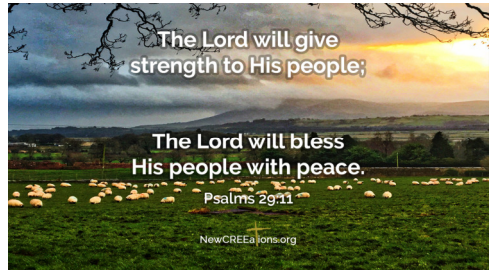
¹⁰ For great is your love, reaching to the
heavens;
your faithfulness reaches to the skies.

¹¹ Be exalted, O God, above the heavens;
let your glory be over all the earth.

Psalm 57

It was just a few days after the Bible study when I stumbled upon the daily devotion of “The Secret of Peace” from The Daily Bread. This story reflected on a lady by the name of Grace as she went through a difficult time when her husband was diagnosed with a rare disease and hospitalised.

The author asked Grace the secret of her peace. She said that it is not a secret. It is a person. It is Jesus in her. There is no other way that she can explain the quietness she feels in the midst of this storm. The secret of peace is our relationship to Jesus. He is our Peace in distress!



The co-relation between distress and peace came to my mind almost spontaneously. God grants us the peace we

need when we pray to Him in distress. We must always remember to wait in hope for the Lord as He is our help and our shield. See Psalms 33:20.

When we experience the peace from God, I agree with the author that it goes beyond logic and our understanding. There is no other explanation of how we can only find true peace. It is about Jesus.

*“The Lord of Peace Himself gives you Peace.”
(2 Thess 3:16)*

Do remember as we learn to pray in distress, allow God to grant us the peace that we need and desperately seek.

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