

A CRY OF DISTRESS

Why do we cry when distressed? What kind of distress/ challenges makes us cry?

Psalm 69 lists a few-

- 1) Floods of trouble seem to get higher and higher
- 2) The situation is such that water is up to my neck/ sinking into mud with no place to stand /about to drown in the storm.
- 3) The grief or despair of what I am going through seems to make me weep.
- 4) I see symptoms of this deep sorrow, impairing my soul which makes my throat dry, voice gone, eyes swollen.
- 5) People hate and hurt me for no reason.
- 6) Influential men wanting me silenced.
- 7) People scorn and ridicule me because I am passionate for God.
- 8) My faith seems to bring deep hatred and scorn against me.
- 9) Because of different reasons either being poor or not in high society places or being part of this world-I am mocked, disgraced, and cursed.
- 10) Reason unknown to me family relationships are broken/ financial losses are repeated/ I am looked down upon. etc. etc.

So, what does the Bible tell us when we cry, cry with distress towards God?

- 1) God will bend down to listen to me.
- 2) The answer to my prayer will be my salvation.
- 3) God will rescue you from all who hate you/ pull you out of your mess.
- 4) He will not allow you to go to the pit of destruction.
- 5) God crowns you with tender kindness/ grace/ compassion and constant love.

6) He comes as a close friend/Judge and God to rescue you, find a way when there is no other way.

7) He will make the feasts of your enemies turn into ashes. Their peace and security become their downfall.

8) Miracles and rescue will be your portion and inheritance.

9) All who seek God will overflow with gladness

10) God will save His people etc etc.

Something I read in the word for today makes sense. Is an eagle agitated by traffic? No, he soars above it. Is a whale disturbed by a hurricane? Of course not. He dives beneath it. Is a lion flustered by a mouse standing in its way? No, he walks over it. How much more is God able to help us to soar, dive beneath and walk over our troubles. What is impossible with man is possible with God. (Matthew 19:26)

My dear people of God, in my journey in the last 40 odd years I have discovered -when I cry in distress to my loving family and friends, they have come to my rescue/helped to great levels and been there. But when I cry to God-His comfort and provision/ the countless miracles and doors He has opened are incomparable and it humbles me that such a sovereign God can care so much about complex issues of my brokenness to even simple things like a lost piece of jewelry or a document that has gone missing- our cry is something so precious.

Love & Blessings

Ps Hilda