

## **BETTER IN GOD**

***“Two are better than one,  
Because they have a good reward for their labour.  
10 For if they fall, one will lift up his companion.  
But woe to him who is alone when he falls,  
For he has no one to help him up.”  
Ecclesiastes 4:9-10***

### **REFLECTION**

It is often said that “life is a chore”. Our lives can be riddled with endless worries and laborious struggles. We worry over our future, finances and family members. We struggle with fears and concerns for our health, jobs and daily needs in life that can often leave us discouraged and in despair. But we are reminded that although life can be laborious and challenging, we are not overcome by them. God is ultimately our “good reward”. God covenants with us to be our shield and exceedingly great reward (Gen 15:1). Those of us who labour tirelessly and are heavy laden are invited by Jesus to approach him and He promises to give us the rest that we need (Mat 11:28). When we try to manage life’s worries and struggles alone, we labour in vain (Ps 127:1-2). But we are reminded that we don’t have to labour alone. We can depend on God for he is our help in daily living. We can commit our struggles and worries into His Hands through daily prayer.

In trying times, we may either fall down physically, fall into temptation or sink into negative thinking and entertain feelings of hopelessly and helplessly. In such dark moments, God, who sees all and knows all, can lift us up by sending us companions who can journey with us and encourage and support us when we stumble.

At the same time, God has also provided us with the church network of co-labourers and fellow-believers to pick us up with love and grace when we fall. We are to remember those who may not have anyone to pick them up when they fall. Perhaps God is urging us to consider those who may need a helping hand during this pandemic. Who may God be prompting and pointing you to help?

### **PRAYER**

*Father, we pray for all who are feeling overwhelmed by life’s struggles and challenges. We pray for those who feel that life is a chore and are struggling under heavy burdens. We ask that You would refresh them through a network of loving and caring companions who will come alongside them to support them with Your resources, presence and love. Amen.*

### **SUPPLICATION**

- Pray for all feeling the strain and struggle of seemingly endless battles in life. Pray for all who are feeling overwhelmed by life’s worries and concerns. Pray for God’s peace and love to surround them.
- Pray for all who are feeling lonely and burdened by loads of care with no one to turn to. May their hearts be softened to turn to God instead of managing on their own. Pray that they would open up and be vulnerable to others to seek help.
- Pray for God to raise up supportive and loving communities that can come along those who need support and care. Pray for the BRMC Small Group ministry, the small group leaders and members in every small group – that there be loving support that nurtures each other’s faith and looks out for the welfare of each other.
- Pray for those who fall, that they may not hide and be shut away but be able to find a loving and caring community of people who can love them back to health and strength. Pray for anyone who may be struggling at this time of pandemic to find tangible help and support.

*Love one another as I have loved you.  
John 13:34*

***If you need any prayer or pastoral care support,  
kindly contact the pastoral care team via:***

***Email: [wecare@brmc.org.sg](mailto:wecare@brmc.org.sg)***

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