

GOD'S CONSTANT CONSOLATION

"When anxiety was great within me, your consolation brought me joy."

Psalm 94:19

REFLECTION

Our world is in a state of constant unease. Health, jobs, relationships, economies, travel, trade, politics, and even in our way of living, have all been disrupted because of the COVID pandemic. Bottled-up worries for our future, families, finances and personal safety preoccupy our thoughts daily. Some even struggle with increased feelings of extreme anxiety. But the truth is that we are not hopeless; we can turn to Jesus and ask for His consolation to beat anxiety.

Jesus is our Living Word and He constantly reassures us that He is our consolation. We only need to trust and abide in His promises. In 1 Pet. 5:7 Peter tells us to "cast all our anxieties on [Jesus]." Jn. 14:27 reads, "do not let your hearts be troubled" and Mat 6:34 tells us, "Do not worry about tomorrow."

In times of extreme anxiety, we have God's consolation to comfort us. The opening lines of Psalm 94 proclaim that God is Judge of the earth. The ending verses declare that God has become our Fortress, our Rock in whom we can take refuge. The entire Psalm asserts that God supports and defends those who face extreme and unjust attacks.

Nothing is more effective than the consolation of God when we are overwhelmed with anxiety. God's consolation, by means of His Living Word, His ever approachable throne of grace and the knowledge of His character and nature as the One who consoles us with His joy, will strengthen us in our time of need.

PRAYER

God our Father, we are overwhelmed with anxiety in these trying times. Help us turn to Your Living Word, to constant prayer and to contemplate on who You are that we may find peace for our troubled souls. Fill us with Your consoling grace and grant us friends who can strengthen us, so that Your joy may overshadow our anxieties as we put our trust in You. Amen.

SUPPLICATION

- Thank God for His interest in our well-being. When we are down and need help, He is always there and He has provided us with both spiritual resources and friends to help us cope with the challenges we face in life. Ask God to bless the effort of those who provide care for the lonely, isolated, and emotionally troubled. Remember the medical staff, care givers, and health care providers.
- Pray for those who resort to self-harm or harbour suicidal ideation. Pray too for adolescents, youth and young adults who feel alone and isolated. Lift up to God lonely seniors who worry and fret over aloneness or frail health. Pray for those in professional counselling, social agencies and care centres to support all who need their support and assistance.
- Pray for churches to be welcoming and caring for those who face mental and emotional health concerns. Pray for churches to be equipped to manage members with such concerns. Pray against the fear of being stigmatized and act of stigmatizing others. Pray for churches to reach out and support all, young to seniors, who are afflicted with anxiety.
- Continue to pray for the COVID-19 situation in Singapore and around the world. We ask our Lord to help the scientists to produce vaccines that are effective against the virus. Pray for world leaders to be courageous and wise to implement policies that will control the spread of this coronavirus, and to make vaccines readily accessible to the poorest countries and people.

For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

2 Cor 1:5

If you need any prayer or pastoral care support, kindly

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