

PRAYER BULLETIN #122, 30JUN2021

PEACE IN TROUBLED TIMES

*"I have said these things to you,
that in me you may have peace.
In the world you will have tribulation.
But take heart; I have overcome the world."
John 16:33*

REFLECTION

The night before His crucifixion, Jesus told His disciples that He would die and He would not be with them. They felt sorrowful for the coming loss, but a "little while" later they would be glad because Jesus would rise and be with them again, for a "little while". This sorrow they would face was only temporal because Jesus would overcome sin and death which their sole intent is only to separate. Thus, Jesus comforted them with these assuring words of hope. He has overcome all things and is sovereign over all things. Nevertheless, the disciples had to go through a "temporal" period of sorrowful "tribulation" – a time of sadness – before the time of gladness and rejoicing comes.

It is never easy and pleasant to go through a time of sorrowful "tribulation", especially when one does not know how the end or outcome would be like. Sometimes we run away from such encounters by either denying it or suppressing our feelings, or we "freeze up" not knowing what to do, or we may take out on those around us with anger.

Who can we turn to? Where can we find help in our times of sorrowful "tribulations"? Jesus is the answer. If you are in such a situation, may I invite you to pause and set aside some time to reflect on these words of Christ and let them find their way into your inner being.

- ***"I have said these things to you..."***
Invite Jesus to be present with you and allow Him to speak into your heart and mind even though your challenge in life looms big over you.
- ***"...that in me you may have peace."***
Receive from Jesus His peace into your heart which only He can give you right now.
- ***In the world you will have tribulation.***
Don't try to deny the existence of your sorrowful tribulation. Instead, recognize the "tribulation" you are facing currently. But take it a step further – bring it before a greater presence, that of the risen Christ, who is sovereign over all your "tribulation".
- ***But take heart; I have overcome the world.***
"Jesus is risen from the dead and reigns sovereign over all things, even my 'tribulations'."

Allow this knowing to sink in. You may want to repeat it to yourself as you become more aware of Jesus' presence being with you.

PRAYER

Heavenly Father, thank You for being so mindful of our needs especially when we are faced with our own "tribulations" and feel sorrowful. You have not left us alone but given us hope through our Lord Jesus Christ. Help us to reach out and receive from Him His peace that only He can give. In Jesus' name we ask. Amen.

SUPPLICATION

- Take the time to tell God about the challenges you are facing. He is willing to listen. You can pray following the text Jn.16:33 as given above. Don't rush but remain in God's presence for a while longer and allow Him to minister His peace into your being. Come to the awareness that God is in control over everything, even the things that trouble you.
- Do you know of someone who is troubled by certain "tribulations"? Pray for God's peace to comfort and strengthen them in their troubled times. If they don't know Jesus, pray for them to know Him and to receive that peace which only He can give.
- The Church is in unprecedented times where a global pandemic changes the way church life and the Christian faith is lived out, for better or for worse. Pray for believers around the world to remain close to God and not fall away because of the many changes and challenges. Pray for God to preserve His church and strengthen her to be His witness.
- The world is still coping with the effects of the pandemic, while many are suffering directly or indirectly. Pray for God to bring about an awakening among non-believers to His sovereignty, rather than blaming Him for all these calamities. Pray for more lives to be saved while the death toll counts on. Pray for God to show mercy.

*"Peace I leave with you; my peace I give to you.
Not as the world gives do I give to you.
Let not your hearts be,
neither let them be afraid."
Jn. 14:27*

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

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