

## **FROM MOURNING INTO DANCING**

*"You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness."  
Psalms 30:11*

### **REFLECTION**

When time is tough, we often forget that behind the dark clouds hanging over our head is a bright sun waiting to break into the dark valley.

It is tough coping with grief over the loss of a loved one. It is tough accepting that someone you love has decided to walk away from you. It is tough when you have studied very hard and yet failed to make the grade for entrance into a university programme you had wanted to do. It is tough when a job you have held for the major part of your working life suddenly became obsolete and you are no longer needed by the company. It is tough handling the demands of caring for a person close to you who is suffering from an incurable debilitating illness.

We must not dismiss the difficulties of having to deal with extremely challenging situation which we may face in life. We must not downplay the pain a person has to bear when dealing with loss and tragedy. However, if we want the sun to shine through our life, what we can do is to pick up lessons from people who have coped well. Thankfully the Bible has much to teach us to stay afloat when we encounter storms and floods which otherwise might sweep us away into the sea of clinical distress, if not depression.

In Psalms 30, the Psalmist thanked God for lifting him "out of the depth" (v.1) of despair; for healing him (v.2); for rescuing him from the "realm of the dead" (v.3).

However low we might have fallen down, the wise and helpful thing to do is to look up. When all else has failed us, turn to God. Cry out to Him. Call on Him for help, and experience how God in His perfect time will turn our "mourning into dancing" and clothe us with gladness. (v. 11)

### **PRAYER**

*"Loving God, our Heavenly Father, give us wisdom and will to turn to You for help in our journey through life. There will be occasions when we feel lost, or when the choice before us may not be easy to make. Be with us wherever we may be and whatever the condition in life might be. All that we want is to honour you and glorify your name in how we live our life as followers of Christ. In His name we pray. Amen."*

### **SUPPLICATION**

- Thank God that in our multi-racial and multi-religious society, Singaporeans are generally peace-loving people. We value our friendship with our neighbours, our colleagues and our school mates. Pray that even as we grow in our love for God, we will also love our neighbours, regardless of their race, language, religion, or social status.
- In a recent population survey, a widening number of young adults indicated that they do not follow any religion. Take time to reflect on what may God be wanting to reveal to us. Pray that Christians in Singapore will seek God's help for wisdom, courage and clear thinking to reach out to this growing group of unbelievers and to do so with patience, genuine care, humility and love.
- Pray that God will prompt and prepare more people to be equipped for ministry – as pastors, missionaries, theologians and theologically informed professionals. The world today requires better equipped Christians to expose the futility of godless teachings and value systems. We need Christians who are able to articulate the Christian faith that will attend to the deep questions of life.
- Commit to God those who are taking care of elderly parents and the sick. These are people who give much of their time to care for others. Pray that they too will be able to have time for rest and respite care. Include in our prayer domestic helpers employed to care for the elderly sick that they too will be given sufficient time off to be refreshed.

*"It's not an easy road  
There are trials and troubles  
And many are the dangers we meet;  
But Jesus guards and keeps  
So that nothing can harm us  
And smooths the rugged path for our feet."  
- John W. Peterson*

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

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