

## **WALKING THROUGH THE SHADOW OF DEATH**

*"Even though I walked through the valley of the shadow of death, I will fear no evil, for you are with me: your rod and our staff they comfort me."*

*Psalms 23:4*

### **REFLECTION**

Many of us have our experience of walking "through the valley of the shadow of death." Some of us may have more than one such experiences. In this COVID-19 time, I know of people who are going through their dark valleys.

I had such an experience some twenty years ago when I found out that I had cancer. The "C" word is a scary word when it happens to you. For many people, it was almost like a death sentence.

After it was confirmed that I had cancer, my oncologist spoke with me and laid out the various options for treatment. I took his advice and went for chemotherapy. Meanwhile my dear wife started to rally prayer support from close friends.

The first round of pumping a concoction of drugs into my body was relatively painless and definitely bearable. I thought it was going to be an easy course of treatment over 6 months. When the dosage of the drugs was increased for the second round onwards, my body started to react. Losing hair and having finger nails turning darkish was the least of the problem. I lost appetite and became extremely tired. My sense of taste for food went topsy-turvy. Eating food was like chewing a piece of cardboard. My smell went haywire. What used to be my regular soap with the scent I like started to make me feel sick.

In those months when I was undergoing chemotherapy, and my body was debilitated, there were days when I really felt like I was passing "through the valley of the shadow of death."

Thankfully God in His mercy has His plan for me. I was healed by Him through the miracle of modern medical treatment and the professional, caring touch of my physician.

Was I afraid when I was going through that valley of death experience? Truth be told, I didn't think about it and I was completely at peace with myself and with God. Looking back, there was a calmness which only the presence of God could have implanted in me. It was a calmness that enabled me to fear no evil because He was with me.

For Christians, it is reassuring to know that our lives are in God's hands. We shall rejoice and be generous in sharing our blessings when we are enjoying good times. But on those occasions - which I pray will not be too many - when we have to pass through the valley of the shadow of death, the best and right response is to trust God and fear no evil, no matter how dark or distressing the valley might be.

### **PRAYER**

*"Dear Lord of love and light, in our journey through life, walk with us. Keep us under Your care and protection. Teach us to be Your faithful followers, who fear nothing and no one except You. Amen."*

### **SUPPLICATION**

- Thank God for the works of Christian social agencies caring for people who have been badly affected by the COVID-19 pandemic. Ask God to bless their efforts in providing food, financial assistance, shelter and basic necessities to people who are struggling in life.
- As we thank God for the good works of the various Christian social agencies, pray that God will raise up more volunteers (including ourselves) who will give a helping hand to care for those who are poor and in distressed.
- Thank God for the different ethnic groups who are all loved by Him, because we are God's creation and endowed with the status of being created in His Image. Pray that we will learn to live in peace with each other as good loving neighbours and as people of goodwill.
- Pray for Christian families. Pray that despite the pressure of work and worldly demands, parents will focus on Christ and set fine Christian example for their children to follow. Pray that every Christian home will be known as a place where Christ is honoured. Christian teachings are openly shared, and everyone will grow in their love for God.

*"Even though I walk through  
the valley of the shadow of death  
Your perfect love is casting out fear.  
And even when I am caught in the middle  
of the storms of this life  
I won't turn back; I know you are near."  
- Matt Redman*

**If you need any prayer or pastoral care support, kindly  
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