

## **GOD'S GOOD MEDICINE**

*"A joyful heart is good medicine,  
but a crushed spirit dries up the bones."*

*Proverbs 17:22*

### **REFLECTION**

The crushing of one's spirit can be the most painful experience one can have. When work, family, physical, mental or emotional stressors crush our human spirit, we would feel bruised and broken inside, like as though our bones get dried up and shattered into pieces. It would be very difficult for one to rise up from such a painful experience. If we are in such a situation we may feel like giving up. But we needn't despair. God has provided us means of refreshing grace in the form of prayer.

Prayer is like *"good medicine"* to our human spirit. Prayer helps our spirit connect with God's Spirit. Our crushed human spirit can rest upon the Spirit of God which helps us in our weakness and intercedes for us through wordless groans when we are battered within and we do not know what to pray for (Rom 8:26). The Holy Spirit is our Comforter who walks with us and gives us supernatural aid even in our crushing moments of despair.

Herein lies true joy and comfort amidst deep despair. The best medicine we can ever have is a heart that is illuminated by the Holy Spirit to see in faith above and beyond the pain that is temporal to the eternal hope that is in the Lord. The pain we bear are not meaningless but have eternal value in the Lord that lead us to a joyful and immensely satisfying inheritance in an eternal weight of glory that is beyond all comparison. The Lord sees every tear we cry. Jesus said "you will weep and mourn...You will grieve, but your grief will turn to joy" (John 16:20). Truly there is nothing like God's good medicine to bring joy to the crushed spirit.

### **PRAYER**

*Dear God, grant us the good medicine of the supernatural joy that comes from a Spirit-illuminated heart that knows the future hope and eternal inheritance we have in the Lord Jesus. Amen.*

### **SUPPLICATION**

- Give thanks for the church family and the loving kindness of the Lord that can touch those who are going through distressful experiences. Pray for those feeling challenged mentally, physically and emotionally. Pray that those who are suffering may find supportive families, friends and agencies to go to for help so that they won't be ignored or isolated.
- Pray that our church will be a community of believers who will practise what our Bible has taught us to do and to be – that our members will learn to love one another, encourage one another, and bear one another's burden. Pray that our church will be known as a community where people are known as followers of Christ, faithfully participating in witness and worship; spiritual formation and outreach.
- Bring before God the growing number of seniors in our community. Some of them may be retired and they have enough savings and investment to take care of their daily needs. But many may find it difficult to retire because they do not have enough money to ensure they will not go hungry. Pray that the elderly in our churches and in the wider society will receive the care they need – whether material, medical or spiritual. Ask God to give them caring family members and neighbours to keep them company and provide them the care they need.
- Pray for revival in the churches. Pray for anointed worship and preaching. Pray for heartfelt and sincere worship. Pray for songs that soften hard hearts. Pray for pastors preaching online or in service. Pray for a spirit of fervency and passion from the pulpit that speaks to the soul and convicts sinners to repentance.

*"Do not be wise in your own eyes;  
fear the Lord and shun evil.  
This will bring health to your body  
and nourishment to your bones."  
(Prov. 3:7-8)*

***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)  
Contact: 6592 4011 or 6592 4012***