

TROUBLES ARE MANY? TAKE HEART!

*"The righteous person may have many troubles,
but the LORD delivers him from them all."*

– Psalm 34:19

REFLECTION

The Bible text says: "the righteous person may have many troubles". Let's read that again. Do you find it surprising that a righteous person still encounters troubles? And not just a few, or even *some* troubles – but *many* troubles!

Then again, look a few lines above verse 19. Psalm 34:10 says "The lions may grow weak and hungry, but *those who seek the LORD lack no good thing.*" Does that make you wonder if the Bible is contradicting itself? Certainly not! Scripture doesn't promise that follower of the Lord will never encounter trouble or difficulty.

Just look at the sub-title of Psalm 34. This is a psalm "of David. When he pretended to be insane before Abimelek, who drove him away, and he left". This tumultuous and trouble-filled period of King David's life is narrated in 1 Samuel chapter 21. David himself experienced *many troubles*. But read his story, and we will see that David also experienced how "the LORD delivers him from them all".

Amidst the troubles and trials, God is still at work. He is in control. He is shaping all things for his purpose and glory. God uses even mistakes and malignancies to work things out for good and for His glory (Romans 8:28). That's why, even amidst trials, we can affirm that *those who seek the LORD lack no good thing* (Psalm 34:10). That's why the psalm calls us, despite the trials, to "taste and see that the LORD is good" (34:8).

Our Lord Jesus likewise promised that "In this world you will have trouble". (John 16:33). But he doesn't just stop there. Jesus goes on to say, "Take heart! I have overcome the world".

Are you facing *many troubles*? In God, you can *take heart*. In God, you don't have to fear. For our Lord has overcome the world!

PRAYER

We pray with the psalmist:

*I will extol the LORD at all times; his praise will always
be on my lips.*

*Let us exalt his name together. I sought the LORD, and
he answered me; he delivered me from all my fears.*

*This poor man called, and the LORD heard him; he
saved him out of all his troubles.*

*Taste and see that the LORD is good; blessed is the one
who takes refuge in him.*

*Thank you God, that You are in control. We shy not away
from troubles, but in the midst of them, we take heart, for
You have indeed overcome the world. Help us to be
unafraid, for we take refuge in You. Open our eyes, O God, to
see how You are working out all things for good and for Your
glory. Amen.*

SUPPLICATION

- Are you facing a time of trial or trouble? Take a few quiet moments, asking God to show you how He has been working His goodness and grace, even in the midst of your trouble. Give thanks for His various mercies and provisions. Ask for His enabling grace to continue to trust Him and to take heart in Him.
- Is someone you know facing *many troubles*? As the Lord brings a person or persons to mind, would you intercede for them? Ask that the Lord will deliver them, that He will work all things for good. And most of all, pray that they will not be afraid but take heart in Jesus, the One who is in control.
- Ask God to open your eyes and your heart. Ask Him to help you see, as you go about your daily activities, persons who are facing troubles. Ask Him to show you how He wants you to respond so as to support those facing a time of trial.

*He giveth more grace
when the burdens grow greater,
He sendeth more strength
when the labours increase;*

*To added affliction, He addeth His mercy,
To multiplied trials, His multiplied peace.*

Hymn "He Giveth more Grace",
by Annie Johnson Flint

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

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