

DO NOT BE TROUBLED

*The eyes of the LORD are on the righteous,
and his ears are attentive to their cry;*
Psalm 34:15

REFLECTION

We live in troubled times - unprovoked war, global geo-political tensions and Omicron pandemic that bring about economic disruptions and uncertainty to people's livelihood. Naturally, we all feel frightened; we try to be courageous, and yet helpless, angry yet overwhelmed. Our bodies are too frail to bear such overwhelming pressures. For some, our medical reports are poor. For others, our family relationships are tested beyond the limits. We are all feeling weary and burdened. How are we to live in such times?

Worldly wisdom tells us to be stoic - to live one day at a time, for good or bad times do not last. So, make the best of the moment and cherish the day. Somerset Maugham wrote: *"Nothing in the world is permanent, and we're foolish when we ask anything to last, but surely we're still more foolish not to take delight in it while we have it."*

Today's scripture teaches and informs us of another perspective to consider. We need not be frightened of the uncertainties that circumstances bring, and we are not completely helpless. For God is with us always, even in the worst of times. His eyes are always watching and looking out for us. He hears our cries and knows our burdens. He can help us in our times of need.

He has also given us Jesus, our Great Shepherd, who calls and reaches out to us whenever we are struggling in life: *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."* (Matt. 11:28,29)

Though we live in troubled times and we feel weary and burdened, do remember that God is with us all the time. We don't need to be too stoic. We can call out to God in prayer. Trust Him to give us the rest we need, for He rules and reigns over this troubled world.

PRAYER

*Thank You God for always keeping Your eyes on me
And for opening Your ears to me
Though the world is full of surprises
I can come to You for comfort
I have Your yoke to guide me
I have Your rest to renew and sustain me
Amen*

SUPPLICATION

- Pray for the Geo-political tensions in Europe. Pray for the leaders of every nation to follow the path of love for one another according to God's divine wisdom. Pray that the war in Ukraine will end quickly and that justice, love and peace may prevail over decisions and actions taken. Pray for the sense of fear and insecurity to cease so that lives may be preserved.
- Pray for the Covid situation to transit smoothly over to endemic phase. Pray for God to guide our leaders as they discern the right measures to implement for the welfare of everyone. Pray for the people in Singapore to be patient and considerate in their conduct towards one another.
- Pray for the church leadership. Pray for God to guide our pastors and leaders to discern how to re-gather His flock. Let everyone at BRMC find God here as they worship Him in spirit and in truth. Pray for the Holy Spirit to work unity into the hearts and lives in this community, that this unity may be evident to the people around.
- Pray for the new social norms to be well received by the people. As mandatory measures are scaled back, pray for God's wisdom to guide everyone to remain vigilant and be socially responsible. Let the post-pandemic life be free from covid 19.

*"Come to me, all you who are weary and burdened,
and I will give you rest. Take my yoke upon you and
learn from me, for I am gentle and humble in heart,
and you will find rest for your souls."*

Matthew 11:28-29

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

Email: wecare@brmc.org.sg

Contact: 6592 4011