

FEELING WORN OUT SPIRITUALLY?

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

Psalms 34:8

REFLECTION

Daily life issues such as unjust war, Covid-related problems, limited choices, etc. can wear us out spiritually. While God calls us, "to live justly, love kindness and humbly follow Him," (Micah 6:8) but the world makes it difficult for us to live this way. How can we live faithfully as God's people?

Young David, who served as a musician in King Saul's court, had good reasons to be worn out spiritually. He was just, kind, God-fearing, diligent and faithful in his work and service to his master. God showed David favour and promised him, through the prophet Samuel, that he would be king one day. But being favoured by God did not mean that everything went well for David. Out of insecurity, King Saul secretly, and outrightly, plotted to kill David. Wise men in the court fearfully looked the other way rather than stand up for justice. Even when David ran away, Saul's soldiers were everywhere, waiting to kill him.

When life became difficult with no good choices, David did not let his heart be jaded. He trusted God and leaned on His faithfulness. Whenever he was afraid or despondent, he cried out to God passionately. God was pleased with David's posture towards Him and He kept David safe and crowned him king in His good time. This is why David could testify in Ps 34:8:

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

Today, we have God's gift of His Son Jesus Christ. No matter how challenging the situation in the world may be, it has no power to wear us down forever. For God is in us through His Spirit. Even when we see no way out, we can always call out to Jesus. We can trust Him to let us taste and witness His Spirit at work in overcoming our difficult circumstances. Jesus will grant us refuge and rest.

PRAYER

Vindicate me, Lord Jesus,

*whenever I have no good choices,
for in You I take refuge.*

No matter how stormy my life becomes,

let me find You whenever I turn to You.

Let Your Spirit refresh my heart and renew my mind,

*that I may taste and see that You my God are always
good.*

Amen

SUPPLICATION

- Peace for Ukraine. Pray for the war in Ukraine to cease. Let God's justice and peace rule and reign in this situation. May the people who are trapped in the war zone and all the refugees find shelter and comfort in the Lord. Let God's wisdom guide every leader to bring about a lasting and peaceful world order.
- New social norms. Though mandatory safe distancing measures are relaxed, people who are masked-up and vaccinated still catch Covid and get very sick. Pray that everyone will be mindful and considerate to love one another and be socially responsible.
- Church leadership. Let God's wisdom guide our pastors and leaders to re-gather the church as the church opens up the way for God's people to re-connect with Him and one another. May everyone at BRMC taste and see that God is always good and grow in spiritual maturity.
- Personal spiritual growth. Ask God to work in every Christian a desire to want to grow in their relationship with God, so that each one will be a faithful disciple of Christ.

Turn your eyes upon Jesus

Look full in his wonderful face

And the things of earth will grow strangely dim

In the light of his glory and grace

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

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