

PRAYER BULLETIN #215, 21MAY2022

HE'S ABLE

*"He heals the broken-hearted
and binds up their wounds."
Psalm 147:3*

REFLECTION

Family and friends in our lives are God's blessings to us. The time spent with them is precious and we enjoy their company. But usually, it is those closest to us who might end up hurting us the deepest - when we fall out with our spouse; when our child says hurtful words to us; when our parents scold us without even listening to us; when we are betrayed by a friend whom we confide in.

These emotional wounds are so deep that we sometimes feel that they will never heal. And even if they eventually heal, they leave deep emotional scars on our heart. We find it difficult to move on in life because these hurtful experiences still cause us pain and anger. Because the hurt is so deep, we feel that we can never fully recover from it or get over it.

But the psalmist tells us that God heals those who are broken-hearted and that he will bind up their wounds. God is not only a healer of physical ailments and diseases, He is also the healer of our emotional wounds and scars. Just as He has the power to heal COVID and cancer, our Lord has the power to heal you from both your past and present emotional wounds.

This verse in Psalm 147:3 reminds me of a children's worship song I grew up singing, "He's Able."

The lyrics go like this:

*"He healed the broken-hearted
And set the captive free,
He made the lame to walk again
And caused the blind to see.
He's able, He's able,
I know He's able,
I know my Lord is able
To carry me through."*

You might feel that you have been so badly emotionally hurt that you can never fully recover or move on in your life. But believe that God is able. That He is able to heal your brokenness and pain within with His love and grace. That He is able to help You overcome the brokenness and pain in your life find freedom and joy in Christ. That He is able to carry us through the pain of broken relationships and lost trust with those we consider closest to us.

PRAYER

Dear Lord, You are that Healer who heals the broken-hearted and binds up their wounds! Teach us to lay our emotional hurts and painful scars at Your feet to allow You to bring healing and restoration to our hearts and lives. Help us to experience the emotional freedom and joy that is found in Christ as we learn to let go of those painful emotions and experiences. Give us more of Your grace to overcome these hurtful experiences which keep us from moving forward in our lives. May we believe that You are able to heal our brokenness and make us whole again. Amen.

SUPPLICATION

- Let us thank God that the government restrictions have been further relaxed so that we are able to return almost fully to pre-pandemic church life. We pray that God will continue to improve the pandemic situation in Singapore and not let it worsen again.
- Let us pray for BRMC's initiative, "Rebuilding Koinonia". We pray that we will desire to rebuild fellowship with one another and make the effort to participate in the community life of the church. We also pray for God to move the hearts of those who have been away from church to return onsite to worship regularly with us.
- Let us pray for those who are struggling with emotional hurts and scars. We pray for God to give them His comfort and peace. We pray also for the Lord to send other believers who will be able to come alongside them to listen to them and support them patiently.
- Let us pray for the people who were caught in the collapse of a commercial building in Changsha City, China. We pray for God to bring comfort to the families of the victims. We also pray for the Lord to help the rescuers locate the remaining survivors from the debris.

*"The Lord is close to the brokenhearted
and saves those who are crushed in spirit."
Psalm 34:18*

If you need any prayer or pastoral care support, kindly

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