

COME INTO MY HEART

"Behold, I stand at the door and knock; if anyone hears My voice and open the door, I will come in to him and dine with him, and he with Me."

Revelation 3:20

REFLECTION

Mental well-being has been in the news in the past one year and more. This has taken on wider concern during the time of Covid-19 when we had to cope with radical changes to our daily routine and the threat of job insecurity. The restrictions and uncertainties brought about greater anxieties to many people.

Left on our own, we usually tend not to talk about mental health issues perhaps because of the social stigma associated with those facing mental upheavals. We would probably keep to ourselves and allow the stress to simmer, leading sometimes to an emotional breakdown.

Truth be told, many of us have to deal with different levels of mental challenges. We have our worries, our self-doubts, our fear of the unknown, and for some, our sleepless nights. Most of the time, we keep to ourselves. We suffer in silence.

The thing is we do not have to suffer stress on our own. One of the best ways of dealing with such burden is to find someone we trust to talk to unload our concerns and to talk about what might be troubling us. A close friend; a counsellor who can give us a listening ear and sound advice, can help us overcome our worries and loneliness.

The picture of Jesus knocking at our door is a timely invitation from Jesus to enter our life and converse with us. To be sure, the Revelation text is not just an invitation to those encountering stress and anxiety. It covers more grounds than that. The bottom line is Jesus is interested in our well-being. He wants us to develop a closer relationship with Him. He wants to be with us and dine with us, and in so doing attend our concerns.

Open your door to Jesus, if you have not done so. Better still, keep your door open for Jesus to have free access into your heart.

See the change He can make to your life and how your burden can be lifted by Him, when you receive Him, converse with Him and deepen your relationship with Him.

PRAYER

"Our heavenly Father, there have been many occasions when I feel lousy and down because of the worries which I carry. This has affected my emotional as well as spiritual well-being. Come into my heart. Take away my worries and help me to trust in You. In the name of Jesus. Amen."

SUPPLICATION

- We thank God for the re-opening of churches in Singapore to allow for in-person worship, fellowship and other gatherings.
- We pray for countries where Christians are not allowed to meet for public worship. Ask God to protect the believers in such countries from harm and pray that even if they cannot meet at a church building, they will still find other means to gather with fellow Christians to worship God and witness to the saving grace of the Gospel of Jesus Christ.
- Pray that Christians will be more discerning in following the way and will of God in their walk with Him. Ask God to keep Christians from going astray by the attractions of dubious teachings and counterfeit "gospel."
- Keep in prayer Christians who are placed in leadership positions in Church and in the public arena. Ask God to grant them wisdom and courage to be the light and salt of the world, always shining for Christ in the way they live their life, lead people under their care and make decisions that will enhance the common good and social justice.

*"Come into my heart, O Lord Jesus,
Come into my heart I pray;
My soul is so troubled and weary
Come into my heart today.*

*Come into my Heart, O Lord Jesus,
Now cleanse and illumine my soul;
Fill me with Thy wonderful Spirit
Come in and take full control."
Harry Dudley Clarke*