

# A PRAYER FOR THE HARDEST TIMES

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**M**an of Sorrows, as I watch the devastation and heartache in the lives of those around me, my spirit cries out, “No.No! No!” How can this be? How can You look on and allow such suffering? Why?

I will stand at my watch and look to see how You will answer me.<sup>1</sup> In the silence, I seem to hear Your soft whisper echoing what You have said to me before when unexpected and unexplained crises have erupted. Your answer seems to be the same: Trust Me when you don’t understand.

O God, You have been our Help in ages past. You are our Hope for years to come. And You alone are our Shelter from this stormy blast.<sup>2</sup> You alone are our Refuge and our Strength. You are the Good Shepherd, who will lead us safely through this valley of shadow.<sup>3</sup>

As I reflect on the One whom I am asked to trust, my soul finds rest. You are my great High Priest, who understands. You are well acquainted with grief. Suffering.<sup>4</sup>

So please, look on all those I love who are in pain, in fear for their future. Please. Draw near to them. As they become more focused on the reality of their stark situations, I ask You to balance their feelings of devastation and loss with the comfort of Your presence. Your peace. Your love. Wipe the tears from our eyes. Turn our faces to Yours. Cause us to choose to look up. To look to You. With trust.

I pray this in the name of the One who has given His word, “Never will I leave you; never will I forsake you.”<sup>5</sup> *Jesus*.

Amen.

1 - Habakkuk 2:1

2 - Isaac Watts, “O God, Our Help in Ages Past,” 1719, public domain

3 - Psalm 23:1, 4

4 - Isaiah 53:3

5 - Hebrews 13:5