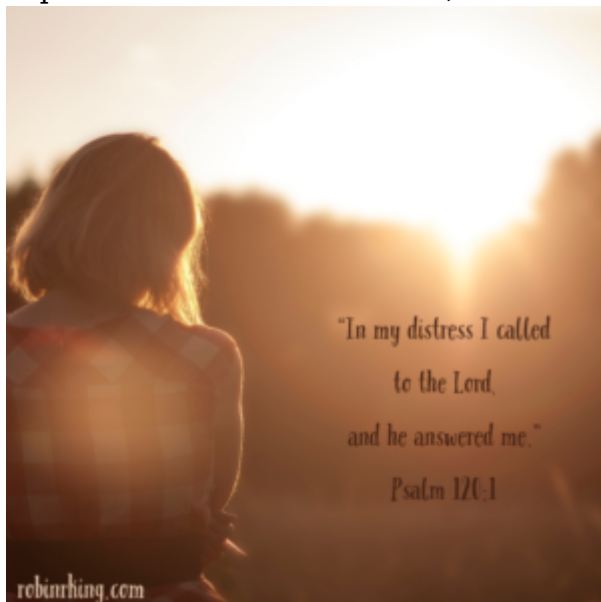




Can I tell you something? I'll be honest with you, yesterday wasn't a good day for me. I was overwhelmed, angry, mean and sad. I felt helpless in a situation I couldn't control. I grieved for how things used to be. Frankly, my attitude stunk. I didn't like anything or anyone. I was snarky to my husband and anyone who would listen, including those on FaceBook. I didn't even like my dog because she is terrible at social distancing. The COVID-19 crisis finally got the best of me. If there was a corner to sit in, I needed to sit in it. The highlight of my day was shredding paper. The crunching, grinding sound gave me great satisfaction as I mercilessly forced multiple pages into the shredder.

When the day was done, I crawled into bed, exhausted and angry, and as I lay there, I heard the Holy Spirit's quiet whisper – "Call out!" I begin to focus my thoughts on the Lord who loves me. And as I did, my spirit was quieted and I begin to experience His perfect peace. A little time of confession and repentance followed.

The Bible is full of humans such as you and I who call out to God. I am always encouraged that King David, often called a "man after God's own heart", called out to God with emotion in many of the Psalms. He called out to God in anger and he called out to God in sadness. David also called out in praise. He called out to God with all the emotions that you and I experience. His need was real, his emotions even more so.



David called out to God because David knew God. He didn't have to cover his emotions and pretend everything was ok. He didn't care that God knew how fearful or sad he was! He didn't care that God saw his anger or pain or frustration. He didn't mind asking God tough questions. He knew that God was the One who could help him.



God invites us to call out to him in times of trouble. And we don't have to be "fixed" before we do so. We can call out when we are tired, angry, snarky, frustrated, or whatever emotion fills us at the moment. We can call out to Him in conflict and in isolation. Whatever our need might be, we can call out to God and He promises to hear and answer. He promises His presence. He is sovereign. He is the one who knows us best. And we can trust Him to handle whatever situation we are experiencing according to His good and perfect will.

Footnote - I slept pretty soundly last night with the exception of a hot flash. But that's another story...

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***You will keep in perfect peace
those whose minds are steadfast,
because they trust in you. Isaiah 26:3***

"Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

Do not let your hearts be troubled and do not be afraid." John 14:27

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