

Find Strength during life's tribulation

"Cast all your worries upon Him because He cares for you". (1 Peter 5:7)

When we face difficulties in life, we often turn to God in prayer and beseech for help. We come to God to find comfort when we are in grief, in the midst of tragedy, or to find strength during life's trial and tribulation.

Praying is divine and is a submission to God. It requires completely all of our hearts, minds, souls, and bodies consecrated to God. Furthermore, prayer is obedience to God's will and acting according to His commandments. Prayer is also: sharing feelings with God; confiding and expressing our innermost thoughts and wishes to God; crying and laughing with God; walking hand in hand with God; spending time and creating memory with God; crying out for joy with God; crying out for help from God; igniting and growing the flame of passion in our hearts and souls for God; planning and dreaming with Him; worshiping, serving and glorifying Him; and lets His holiness shine upon us. I learn that everyday of our lives has its own troubles and we are not immune from it. Just open your heart, be honest and simple in your prayer. Simple prayer means we do not have to find a right words or holy phrases to move God. It is fine and alright to express your anger or despair because it shows that a communication channel or relationship between us and God is open and established. And that is a key to finding strength, comfort, courage, guidance, and happiness, because God has promised: *"call on me on the day of distress, I will rescue you, and you shall honor Me."* (Psalm 50:15).

Always remember: *"You do not possess because you do not ask"* (James 4:2) and be assured that God is always with us and He will always answer us, thus, be faithful, patient, submissive, *"trust in the Lord"* (Psalms 37:3) because He has been and will be carrying us through life: *"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me."* (Psalms 23:4). ,

Strengthen your relationship with God with consistent prayer.

Yes, God is always with us. So keep on confiding and praying to Him. He will always be there to listen and will lift us up in His loving and caring arms.

Let us pray:

Dear almighty God, the God of love, mercy and compassion, we cast all our anxieties on You, for You care about the smallest things that affect our worldly lives.

Thank you for always loving us.

Amen!

Deacon Joe Nguyen