

A Prayer During Hard Days

Christina Fox

Father in Heaven,

Help me! I am so weary and worn down these days. So many things are happening all at once and I don't know what to do. I am overwhelmed. It feels like I am standing in a fierce wind that is whipping and swirling around me. I can't move; the force is so strong. It may just knock me down flat. And worse of all, what if I can't get back up again?

Father, I can barely lift my eyes to you. It's all I can do to cry out for help. Please extend your grace to me this day. Help me to see that you are in this and that you are with me. Help me to remember that you are not surprised or taken off guard by the events of this day.

As I dwell and meditate on who you are, I am amazed and filled with wonder that you would love and care for me. No other religion in all the world has a God that loves his people. No other religion has a God that listens and cares about the cries of the human heart. No other religion has a God that would humble himself and take on frail human flesh and live in this sin-stained world. No other religion has a God that would lay down his life for his people.

But you are that God. You are God alone. Your word tells me that before time began you chose me to be yours through your Son, Jesus Christ. You set your love on me and made me yours. Ephesians also says that through Christ, I have "redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace".

Forgive me for my fears about this day. Forgive me for how I have complained and muttered about how hard this day has been. Forgive me for forgetting that you are with me. Forgive me for forgetting who I am because of what your Son, Jesus Christ, has done. Forgive me for failing to remember the glorious truths and riches I have because of the gospel.

It is these truths that I am focusing my heart on in the midst of these hard days. I pray the words of Paul and claim them as my own that "the God of our Lord Jesus Christ, the Father of glory, may give me the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of my hearts enlightened, that I may know what is the hope to which he has called me, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe".

Father, hear my prayer. Grant me gospel hope in the midst of these hard days. Help me to cling to your grace, your wisdom, and your strength.

Through Jesus and because of Jesus and in his name I pray, Amen.