

Do you ever feel restless, anxious, fretful about things going on in your life?

One night during the recent Christmas holidays I awoke to a mind full of anxiety. A variety of uncertainties about various people and projects managed to seize my thoughts, crowding out all remembrance of the wonderful word of the apostle Paul to be anxious for nothing!

I fell back into a fitful sleep only to find myself awaking out of a very deep dream of which I remember nothing except a voice singing to me the words, "whenever I am afraid, I will trust in you."

Those words repeated over and over with a lovely melody and the dramatic awareness of the presence of Jesus and His power. Encouragement and love flooded my mind. All of that anxiety washed away, and I was left with a sense of profound peace.

I got up and went to sit on the sofa, wondering where those words came from when I finally realized they were from the lyrics of Michael Ledner's song, *You are My Hiding Place!*

"You are my hiding place,
You always fill my heart with songs of deliverance.
Whenever I am afraid, I will trust in You.
I will trust in You.
Let the weak say I am strong in the strength of my Lord.
I will trust in You."

(You may listen to the song by typing the title into Youtube.com.)

Whenever you are afraid, put your trust in our Lord! "You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance." (Psalm 32:7)

With joy – E. Stanley Ott, January 12, 2010 Vol. 9, No. 2, *TRUST*

Prayer Suggestions

- Give thanks and praise to Our Dear Lord for giving us a safe and sure hiding place, far away from the troubles of this world, if we simply trust in Him.
- When feeling full of ourselves, or when falsely believing we are in control, pray for the courage to simply Let Go and Let God!
- Pray for deeper meaning and inspiration as we try to trust each other.
- Pray that in this New Year, more kindness will be shared, more hunger erased, more danger avoided, more violence quelled, through helping hands stretching out and level heads prevailing.
- Lift up those who are in the U.S. Military, serving at home, patrolling our shores, or stationed in remote, unfriendly and dangerous places around the world.
- Ask blessings and safety for missionaries, in their quest to bring the Light and the Love of the Lord to those who do not know Him.
- Pray that funds will be abundantly provided for clean water and safe housing to be brought to the less fortunate, no matter where they are.
- Pray that the First Presbyterian Church of Sebastian can be a beacon of hope for our community, spreading the Word of Christ by deed and example as we can.
- In this brand-New Year, give thanks for second chances.