

Trust in Times of Distress

By: Clare Schiller

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about trust in times of distress.*

INTRODUCE TOPIC & SCRIPTURE: Psalm 34:18: The Lord is near to the brokenhearted and saves the crushed in spirit.

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: "Out of the depths I cry to you, O Lord." (Psalm 130:1)

MEDITATION: In times of great distress, we may not know how to pray. We may be afraid of exposing our terror to God, thinking that when we pray, we have to pretend to have a strong faith. God knows our weakness. It is good to show Him whatever is in your heart right now. That alone is a sign of trust. By showing Him your heart and crying out to Him in your need, you are trusting that He cares to see it, you are trusting that He will love you no matter what He sees, you are trusting that He can do something with you and for you, even if you are unable to pray with the faith you think you should have. Those who have walked in the way of trust for a long time may be able to face calamity with total peace and a deep sense of security, knowing that they are protected by their Good Father. Many of us are not there yet, and pretending to be there will not get us there any faster. Consider that your path to trust may begin today by simply trusting God enough to show him your terror, your problems, your pain.

RESOLUTION: (Re-read Scripture.) An important first step in the school of trust is exposing your heart as it is to God. You need only open your Bible to the Psalms to see that praying with this sort of transparency, even during difficulty, is what God asks of us. You may consider praying this simple phrase from the beginning of Psalm 130: "Out of the depths I cry to you, O Lord." You may add in your specific difficulty, praying "Out of the depths of my fear, my unemployment, my sickness, my broken family, my depression, my anxiety, I cry to you, O Lord." What is troubling your heart right now? Expose that part of your heart to your Father. Allow Him to show you the next step. *Holy Spirit come...*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother of Divine Love, **pray for us**; St. Joseph: **pray for us**; St. Faustina (or saint of the day). **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

