

February 2, 2021

I'm so afraid.

I often said these words to my mother as a girl less than ten years of age. Nightmares were a common occurrence and sleeping alone in a bedroom at night was sheer terror for me. I remember once, waking into a strange not-quite-awake-state-of-mind, and being unable to find my way out of my room. Panicking, I clawed through the dense blackness at the walls and furniture, finally collapsing into a weeping heap on the floor.

Save me! Help me!

Gradually, my beating heart slowed and the tears stopped leaking out of my tightly scrunched eyes. Opening my eyes helped a great deal. I had been unaware of their closed state while stumbling about in the dark. Concentrating on the gray pre-dawn light filtering through the window, I was able to orient myself and escape.

I ran straight to my mother, who never turned me away. In this way, she modeled Christ to a little girl who would one day need to know where to run.

Sometimes it is hard to see the way out. The sin and troubles of this world can be blinding with strong cords of bondage and discouragement. But Jesus is the way and He will hear us in our troubles when we cry out to Him.

*Then they cried out to the Lord in their trouble, and He delivered them from their distress. Psalm 107:6, 13, 19, 28.* This beautiful verse is repeated four times in the 107<sup>th</sup> Psalm. It applies to people hungry and thirsty, to people who are rebellious and wicked. It even applies to those puffed up with their own intelligence and finally, to a group of hardworking folks just trying to get through a really bad storm. All of these people are called “**...the redeemed of the Lord.**” *Give thanks to the Lord, for He is good; His love endures forever. Let the redeemed of the Lord tell their story—those He redeemed from the hand of the foe, those He gathered from the lands, from east and west, from north and south. Psalm 107:1-3 NIV.*

It helps if we open our eyes. Look up. Look to Him. We have the example of Christ in the New Testament to help us see Jesus, and it is to Him that we can turn when overwhelmed by the troubles and problems of the world. This is biblical! This is not just a clever set of words. Consider the two blind men sitting by the roadside, who heard that Jesus was passing by and cried out: “*Lord, Son of David, have mercy on us!*” *Matthew 20:30 NIV.* In verse 34 we read: *And Jesus had compassion on them and touched their eyes. Immediately they received their sight and followed Him.*

Are you afraid? Look up. Your redemption is at hand. Your Savior lives.

*I have come that they may have life, and have it to the full. John 10:10*