

Soul Space



Troubles

Troubles and fears, suffering, grief and loss, sins and shame: we all have times of trouble in our lives. It helps to face and name what is happening to us, it is even more helpful to talk to God about what is happening and to ask God to help us through it.

We believe that all these burdens were carried by Jesus on the cross. Jesus was arrested and convicted unjustly. He was tortured and mocked and then executed. He knows what it is like to suffer. And he suffered like this for each one of us, because he loves each one of us.

Sometimes the burdens seem overwhelming but many people experience that when we ask for help, then God's Holy Spirit gives us courage and wisdom to face it all and to continue with hope and peace in our hearts. Here are some words from long, long ago that express this. They are from ***Psalm 23***.

*"The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.*

*You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
Forever."*