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BISHOP'S DEVOTIONAL THOUGHTS

Prayer in times of Crisis

– Psalm 61:1

How do we pray through a crisis? The word crisis simply means you have come to a crossroads. It comes from the Latin word, *crux*. A crossroads is a place of decision. In a crisis, you must decide how you will respond. Not to decide is ultimately a decision in itself. And when you and I come to that *crux*, that decision point in crisis, we are wise to remember that every crossroads reminds us of the cross of Jesus Christ and His triumph. If we deal with that crisis in the light of His cross, then we will find a solution.

But how do you pray in such times?

How do you form the words when the anxiety and sorrows of life's crises push in... and how do you pray? First we need to understand what is at the root of the crisis we face. Your crisis may be a job loss; It may be a marital situation that has just blown up; It may be a loved one who is addicted to something and bringing havoc to your home; It may be a rebellious teen; It may be a relative that is causing trouble for you and your family; It may

be sudden news of a family illness; It may be news that your child has been hurt or abused; It may be that there is a pandemic in the world and your government is calling a lockdown or shutdown.

That's it! Part of the problem with crises is we don't always recognize the source of the crisis, though we begin with well-intended prayer. I am not arguing that we should only pray when we specifically know how to pray because God will not become confused, even if we are confused in our pursuit of Him. He will be patient with our quest to find the way through. One thing is certain: When we call out to Him, He hears us, and He knows the dilemma of our hearts. He doesn't only listen when we pray "on target." He listens to our hearts. When we go through the fog and the pain of a crisis, the Father's heart is open to us. Do like the psalmist and pour out your heart to him: Hear my cry, O God; attend unto my prayer. (From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.... Psalm 61:1-8)

