

WHEN WE ARE ILL

DEAR GOD,

I hurt.

My body is not working like it used to. I do not like being weak. I do not like pain. I do not like uncertainty. Thank you for letting me tell you this.

Your word tells me that I can ask you for your healing. So I do ask you now. I plead with you now. Please make me more well than I am now.

My spirit groans within me, dear God. Because my body hurts, my soul hurts. I am discouraged. I need you to strengthen my heart. I do not want the suffering in my soul to affect my family and friends.

Help me, dear Lord, when people say things that do more harm than good. They may not know I do not need platitudes right now. I need them.

Dear God, my hurting body causes me to feel so alone. I don't want to be limited. I don't want to be confined to my bed. I feel ashamed that I am not able to accomplish what I used to. I hate feeling like I'm letting other people down.

Help me, dear God, not to listen to false promises. But help me also not to be hopeless.

I look to you, Lord Jesus, my suffering savior, my hurting Lord, my rejected friend. As you looked beyond the cross, scorning its shame, and had joy for what lay ahead, give me faith to have a settled soul, whatever is in my path.

Amen.