

Friday Reflections

*LORD, you are the God who saves me;
day and night I cry to you.*

Psalm 88:1

In a Peanuts comic strip, the very enterprising character Lucy advertised “psychiatric help” for five cents. Charlie Brown found his way to her office and acknowledged his “deep feelings of depression.” When he asked her what he could do about his condition, Lucy’s quick reply was, “Snap out of it! Five cents, please.”

While such lighthearted entertainment brings a momentary smile, the sadness and gloom that can grip us when real life happens is not that easily dismissed. Feelings of hopelessness and despair are real, and sometimes professional attention is needed.

Lucy’s advice wasn’t helpful in addressing real anguish. However, the writer of Psalm 88 does offer something instructive and hopeful. A truckload of trouble had arrived at his doorstep. And so, with raw honesty, he poured out his heart to God. “I am overwhelmed with troubles and my life draws near to death” (v. 3). “You have put me in the lowest pit, in the darkest depths” (v. 6).

And yet his lament is laced with hope. “Lord, you are the God who saves me; day and night I cry out to you. May my prayer come before you; turn your ear to my cry” (vv. 1-2; see vv. 9, 13). Heavy things do come and practical steps such as counsel and medical care may be needed. But never abandon hope in God. He has not abandoned you!

Father in heaven, thank you for reminding us that you never leave us in our most difficult moments—you are always there with us. Amen

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