



Weekly Devotion

Weekly Devotion for August 26

A Very Present Help

by Miriam Burt

God is our refuge and strength, a very present help in trouble. — Psalm 46:1

I received the above verse upon my confirmation more than six decades ago. This year, the truth of the promise was shown to me in a wonderful, immediate way.

It was January, and I was cold. Worse, my right knee was throbbing, and pain medicine had done little to assuage the pain. Even worse, despair was starting to creep into the edges of my consciousness as I awaited my physical therapy appointment. I hadn't made my last "benchmarks" after replacement surgery; I couldn't yet bend my right knee to the desired degree at this point in my recovery. I felt tears sliding down my cheeks.

Then, I decided to pray.

I got up carefully from my chair in the waiting room, leaned on my walker, and started to traverse the lobby. As I walked, I prayed for the Lord to be with me. As I prayed, I started to sing quietly, "I want Jesus to walk with me." If others there saw or heard me doing this, I didn't notice. I was intent on getting the Lord to help me.

And do you know what? He did. That day, I made all my benchmarks in therapy. Gradually, over time, the pain lessened. And the despair dissipated. Knowing that Jesus was walking with me, that he was really *present* and right next to me *at all times*, made, and continues to make, all the difference.

Journaling:

When did you know that the Lord was walking with you? What were the circumstances?

I like to sing when I pray. What works best for you? How and when do you prefer to pray?

