Dear Open Door Family,

So what do you do when you are having a really bad day? Or perhaps a very bad week? How do we handle that. All of us will go through times when we wonder how we could have gotten into the mess we are in. Times when we wish we could go to sleep and wake up and have it all have been a bad dream. What do we do with times like that? I have really enjoyed the Psalms at times like that. It seems that the writers of the Psalms had a way of being blatantly honest with God. If they felt God was far away they said so. If they wanted God to take vengeance on those who hurt them, they came out clearly with that request. The thing that is wonderful in all of this for me is to remember that God is big enough to handle whatever I'm going through at the time. Nothing that I am going through is beyond the scope of God's Power and help. Let's look at a couple of verses together.

**Psalm 38:8-9** (NET) I am numb with pain and severely battered; I groan loudly because of the anxiety I feel. [9] O Lord, you understand my heart's desire; my groaning is not hidden from you.

**Psalm 38:15, 21-22** (NET) [15] Yet I wait for you, O Lord! You will respond, O Lord, my God! ...[21] Do not abandon me, O Lord! My God, do not remain far away from me! [22] Hurry and help me, O Lord, my deliverer!

Apparently David has done something that resulted in God's discipline. So he pleads with God to stop his anger against him. (vs. 1-2) Verses 8-9 describe some of what he is going through as part of God's discipline. I love the honesty of it. These are words which I can use to express honestly how I feel at times. When I am weak and overwhelmed unable to make sense of what is happening. I can remember God knows my heart - He knows my longings, my groaning. But I also love the way David calls out to God in confidence in verse 15. He says he will wait knowing God will respond. He calls out for God to be his deliverer in the middle of all the hurt and pain. So no matter how bad things are. We can learn to honestly take all that is on our heart to God. We can be honest - God already knows what is on our hearts even our motives. If God shows us sin that must be repented of, then we must confess it and turn away from it. Then we can call out for His deliverance, His strength, His help and we can know like David that we can wait for the Lord because He will respond.

**PRAYER:** Lord God, thank You that You know and understand all that goes on in my heart. Thank You that You continue to love me and care for me. Thank You for being Faithful and for doing Your work in my life. Please Lord, keep drawing me closer to You. Please help me through the difficult things that I face.