



September 2016

Dear friends,

My heart feels distressed. We have no rest, conflicts on the outside and fears within. But God, who comforts the downcast, comforts us. (2 Corinthians 7)

Downcast: sad, despondent, discouraged, brokenhearted, distressed, melancholy, crestfallen, dejected, blue, gloomy, low, heart sore

Comfort: alleviation/ease, to soothe a person's grief or distress, condolence, sympathy, support, relief, freedom, cozy, security, contentment, hope

But God.

My world is caving in ... *But God.*

Disapproval and accusations... *But God.*

People who love me attack me ... *But God.*

Lies and deceit ... *But God.*

Promises broken ... *But God.*

Confusion and uncertainty ... *But God.*

Bills beyond my capacity and not foolishly incurred ... *But God.*

Restless nights and anxious days ... *But God.*

"They cried to the LORD in their trouble and He delivered them from their distress. He brought them out of darkness and the shadow of death, and burst their bonds apart. Let them thank the LORD for His steadfast love, for His wonderful works to the children of man!" - Psalm 107:13-15

But God ... a friend brings dinner.

But God ... a friend asks how we are.

But God ... 620 students fed from rescued food.

But God ... chickens lay eggs.

But God ... His promises hold true.

But God ... rain showers come.

But God ... a friend brings a jug of chai tea.

But God ... work sells.

But God ... a Facebook encouragement comes through from 6 months ago.

But God ... we have the fuel we need to get from this place to that place.

But God ... an encouraging note comes in the mail.

But God ... prayer helps us find our lost computer cord.

But God ... a flight booked for a mama to visit her very sick child.

But God ... the kids complete school with joy and thankful hearts.

But God ... He knows our needs before we ask.

But God ... He comforts us.

We can get focused on the "downcast" issues of our circumstances and of our heart. But God! If we learn to focus on God, He quickly show us that His mercies always outdo our list of sorrows, the ones on the outside (that others see) and the ones on the inside (that only He knows.)

"They reeled and staggered like drunken men and were at their wits end. Then they cried to the LORD in their trouble, and He delivered them from their distress. He made the storms be still, and the waves of the sea were hushed. Then they were glad that the waters were quiet, and He brought them to their desired haven. Let them thank the LORD for His steadfast love, for His wondrous works to the children of man!" - Psalm 107:27-31

He knows our sorrow, our grief, our difficulty, our brokenness and our wounded hearts. He is with us as we battle the fears within and the troubles without.

"When they are diminished and brought low through oppression, evil and sorrow, He pours contempt on princes and makes them wander in trackless wastes; but He raises up the needy out of affliction and makes their families like flocks. The upright see it and are glad, and all wickedness shuts its mouth. Whoever is wise, let him attend to these things: let them consider the steadfast love of the LORD." Psalm 106:38-43

Our Lord is our comfort and He will deliver us. He alone will shut the mouth of wickedness. Let us thank the LORD for His steadfast love and continue to trust Him when our soul is downcast. Our hope comes from the LORD, the maker of heaven and earth.

"I was pushed hard, so that I was falling, but the LORD helped me." - Psalm 118:13

From His Comfort,

Jenny Waltman

**"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."
Hebrews 13:16**