

Our Devotion: “Trouble: A Gift from God?” by Lindsey Metzger of Indianapolis, Indiana, a professional writing student at Taylor University in Upland, Indiana.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18 (NIV)

It's okay to not be okay. I'll never forget the pain and betrayal I felt when my best friends decided to cut me out of their lives, adding to the stress of starting my freshmen year of college. I had never felt so desperate and alone. They were my support system, and it broke my heart to watch them turn against me. The pain was haunting. I couldn't seem to shake it off.

On a cold, rainy day at school, I walked into a building on my way back to my dorm. There were a hundred things streaming through my mind when a woman stopped me. She asked if she could pray for me, and I was a little taken aback. I'm not great around strangers, but she felt led to do it, and before I knew it, we were praying.

As she prayed over me, I could tell it was God speaking through her, telling me how much I was loved and that I was stronger than all the circumstances that had affected my life. As Psalm 34:18 describes, I knew God was close. After her prayer, I felt renewed and finally given purpose. I was no longer crushed by the loneliness that had plagued me.

What are some areas of your life that make you feel discouraged? Write them down in a prayer journal. Know that God is close to the brokenhearted and those crushed in spirit. Write this verse in your prayer journal as a reminder that God is close to you.

Prayer: Father, I pray Your steadfast love covers me in the days to come. Give me hope and strength as I look for You in my suffering and grant me peace that everything happens for a reason. Amen.