



January 27, 2009

Cries for Help

By Teresa Hampton

Her name is Millie. In her lifetime, she carried burdens with grace and abiding faith. She is a precious lady whom I admire and love. Dementia is now slowly stealing her mind. In a child-like way, the shortest wait seems to last forever. A few weeks ago, she fell against the door of her room. She laid there ten or fifteen minutes before an attendant came to her aid, but she said it was hours. When her cries for help did not get an immediate response, she felt abandoned.

There are times in our lives when we feel as if we have fallen into a crumpled heap. Perhaps it is a blow experienced in the death or debilitating illness of a loved one. Or, we stumble over the loss of a job, or upon hearing we have cancer, or when we suffer betrayal. Unable to pull ourselves up, we cry for help. When it seems God does not immediately come to our aid, we, too, may feel a sense of abandonment. The shortest wait seems to last forever.

Rest assured. We are not abandoned. Our loving Father is ever ready to hear our cries for help and reach out to us. The singer of Israel wrote, *In my distress I called upon the LORD, And cried out to my God; He heard my voice from His temple, And my cry came before Him, even to His ears* (Psalm 18:6). When we have fallen and find ourselves in a crumpled heap, let us remember that God hears. He is our strength. He will lift us up.

Today's Verse: *God is our refuge and strength, a very present help in trouble* (Psalm 46:1).

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