IN MY DISTRESS

**6** In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, *even* into his ears. Psalms 18:6 (KJV)

 Distress is defined as anxiety, sorrow or pain. Sometimes an extreme loss of money may be called distress and then it may also refer to a physical condition such as exhaustion. I have even heard of one’s heart being in distress. Well, these are some definitions we would usually call distress. David found himself in this condition. My question today is what do we do in our distress?

 Before we answer the question let us look at David’s cause of distress. In the previous verses he shares with us that the actions of floods of ungodly men had him living with a constant threat of being killed. He said, “The sorrows of death compassed me, and the floods of ungodly men made me afraid.” That is a difficult environment to live in. I would say he was a little distressed.

 Again we ask the question of “How do you react to distress?” Some folks choose to be alone. They just want to be by themselves with no one bothering them. Often that person may be at home with the blinds pulled shut with little interaction with anyone. They want to think on their distress and often think of nothing else. Does this type of reaction help? Hunting or fishing is others reaction to distress. They think they can go to the lake or the woods and come back and everything will be okay. Others go shopping, though I would not advise this tactic, especially if you are distressed over indebtedness. They think that more things or new things are the answer to their problem. I do not think this action would really help. One might also see a doctor over some causes of distress.

David used two phrases to describe his reaction to his distress. One, he called upon the LORD. He prayed. The mighty deliverer who had delivered him from the bear and the lion was able to help him. The great shepherd who guided him in guiding the sheep and guiding Israel surely was up for the task of guiding him through this distress. Second, he said “I cried unto my God.” He fervently sought the help of “his” God. He had a personal relationship with Jehovah. David had no reservations about calling on or crying out to God for he knew the LORD in a personal way. I believe this is the best way to tackle our distresses. What do you think?

Yours in Christ,

Brother Randy Burtram