

On The Road To Emmaus

In doing some research I found myself in the Psalms, a couple of verses really struck me. In Psalm 55:16-17, "But I call to God, and the LORD will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice."

The psalmist gives us some direction in our prayer life. Here he tells us that it does not matter what the time of day it is, anytime is a good time to pray. When should I pray? The psalmist suggests how about the first thing in the morning? We can also pray in the middle of the day at noon time. However, we are not limited to just twice a day because the psalmist also tells us the evening hours are also a good time to pray. What a blessing it is that regardless of time of day we can go to the LORD and experience His grace and peace which brings sweet relief and refreshment to our souls.

The psalmist just doesn't say that anytime is a good time to pray but rather he goes on to tell us that no matter what we are experiencing we can take it to the LORD. He uses the description of a moaning complaint to the LORD. He is telling us that no matter what has worried us, caused us sorrow, depressed us or brought anxiety into our life, this is to be brought before the LORD.

O may we find the sweet solace and refreshment that is found only in our God.

A Fellow Traveler