



DISQUIETED WITHIN

By Bill Pugh

*"Why are you cast down my soul and why
are you disquieted within me?"*

Psalms 42:11

A very personal psalm.

Deep within, the psalmist feels and
knows all is not well.

The very fabric of his spiritual defences
are threatened. He is disturbed within.

The usual defences are not working.
Disquiet is the right description of his
state of mind.

His whole person, his soul is exposed. I
know how he feels.

A recent illness has hospitalised me and
I have come to a spiritual standstill.

Anxiety is my state of being, and there is
no spiritual energy left in the tank.

I must turn to the Lord for help. Amidst
it all, the psalmist has the Amen and
petition of all God's faithful people in
response.

God's people are and always were a
people of hope.

Always looking forward for new life, new
ways, new beginnings.

And his people have always been
supported by his forever presence. So
the psalmist can say with acclamation,
*"for I shall again praise him my help and
my God"*.

My prayer, my hope and my way
forward out of the gloom of disquiet.

Reflection:

Read Psalms 42 and 43. Note how each ends with affirmation.