

Call upon Me

*Call upon Me in the day of trouble;
I will deliver you, and you will glorify Me.*
(Psalm 50:15)

When we are troubled by spiritual illness, the Lord assures us that He will help us if we call on Him. One way to approach the Lord and seek His help is to read the Word, looking for truths that can help us in our time of need.

Is there a particular problem that you would like to ask the Lord to heal? If so, write about it and then read the Word each day for a week, noting anything in your reading that seems to applicable to your situation. It may not be obvious at first glance.

If you can't think of something you would like to work on, you might want to try reading over the Ten Commandments (see Exodus 20:1-17), thinking about the deeper levels of meaning within them. Then see if there is something you would like to ask the Lord to help you do differently.