

Help and Hope in God

by Sheila Perkins

“I cry aloud to God, aloud to God, that he may hear me. In the day of my trouble I seek the Lord.” Psalm 77:1-2a

I was taught the power of Christ from Sunday School on and then fell away from the church. I believed in God, but did not praise Him. As a product of multiple generations of alcoholics, one day I went to an Al-anon Meeting to see “what is this all about?”

After attending many meetings, I was comforted by the slogan “let go, let God.” It just seemed too easy for me. I attended meetings, studied literature, spoke with people and finally decided I needed more.

That’s when I found Ascension. I knew at my first visit that I would join the church. I took the membership classes and became a member. I was pleasantly surprised how much easier it was to turn to God in times stress and pain.

In my Bible, the first part of Psalm 77 reads as follows, “I cried out to God with my voice - To God with my voice and He gave ear to me. In the day of my trouble I sought the Lord.”

Now after much work, the blessing is I can also easily go to God in my times of Joy!

My growth in faith makes an Al-anon saying all the more meaningful: “My higher Power is the confidence within me that makes me unafraid.”

My joy is to continue to grow in faith and be able to share that growth with people around me and to let them know they are not alone. God is always with us!

I want to thank You, Lord God, for bringing light to the darkness in my life. Thank You for the promise that nothing I can encounter in life is stronger than You are! Teach me how to let go of the things that seek to trouble and control me: fear, doubt, anxiety, shame. Instead, let me walk in Your promises. Take me by the hand and lead me. And let what I learn be helpful in teaching others about You. In Jesus’ name, AMEN.