

Northminster Presbyterian Church  
Weekly Devotional  
Week of October 26<sup>th</sup> – November 1<sup>st</sup>, 2008

**Scripture Readings**

- Joshua 3:7-17
- Psalm 107:1-7, 33-37
- 1 Thessalonians 2:9-13
- Matthew 23:1-12

“Then they cried out to the Lord in their trouble, and he delivered them from their distress.” vs. 6

As I continued to read through this Psalm and try to understand what God was saying to me through it, I was feeling stressed. Working on potty training our daughter, eating healthy and exercising to lose weight, rental contracts for the church building, how can we expand the passionate spirituality of the congregation, how can we be more effective at communication and so much more was weighing me down. I was STRESSED. Most people I talk to are stressed. We try to do too much in too little time with too little sleep and too few resources. It suddenly struck me that when we are stressed we are in distress and that this Psalm was telling me to cry out to the Lord! And somehow that actually helped. I was able to take a break from all the stress and spend time with God.

Take time this week to cry out to the Lord in your stress or distress and He will deliver you.

Pastor Stacey