

### Throne of Grace

#### read

Hebrews 4:16

#### think

What do you do when you feel stressed, overwhelmed, emotional? Some people eat. Others sleep. Some cut. Others scream. What about *you*? You do something. Everyone does something. God tells us one thing we can do when we feel emotional. He says, “Draw near to the throne of grace.” Just in case you’re wondering, the best way to do this is to pray. Sometimes it’s helpful to ask someone to pray with you, especially when you don’t feel like praying. And God promises that when we pray we will “receive mercy and find grace to help in time of need.”

This means He will strengthen us in the exact way and at the exact time that we need. He doesn’t tell us exactly what He does or even how He does it. He just says we will receive His mercy and find His strengthening grace. But if you are like me, sometimes I think God is frustrated with how needy and emotional I am. But that’s not true. He is not tired of our asking Him for help. In fact, the verse right before this one says, “We do not have a high priest who is unable to sympathize with our weaknesses.” That means it is impossible for Jesus to be unmoved by our needs. He can’t resist us. He gives in to our need for Him every time. And this makes sense when we remember that on His Cross and at His Tomb He took care of our biggest need...even before we ever asked.

#### apply

- When was the last time you were a bit emotional and out of control?
- What did you do to try and bring yourself back to peace?
- How do you usually imagine Jesus responding to your neediness?

#### pray

Lord Jesus, I am so unstable. And I have many regrets for how I have responded to my feelings. And I am sorry for thinking that you don’t care about me. Please be merciful to me and strengthen me again. Until the Day I see you face to face I ask this in your name, Amen.

#### by Dave Preston

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