

# THE CHIMES NEWSLETTER



MARCH 1, 2021

HELLO  
MARCH

## Memorial Garden Dedication



On Sunday, February 28th, as part of the celebration of the 40th anniversary of the church, we dedicated the Memorial Garden outside the office. The space itself is special because it is connected to the original memorial garden which was started under Bennett Cox, the founding pastor of the church. It is a lovely space with pavers, a low wall, and a statue of Jesus depicted as the Good Shepherd. We are very happy to have this place of remembrance and peace complete and dedicated so we can lay to rest ashes of those connected to the church.

Those in attendance participated in the service of dedication, which included a scripture reading, prayer, and the reading of a special poem, which is included to the right. Thank you to everyone who helped to make this space and this church a meaningful offering of praise to God and thanksgiving to all those who helped establish and nurture FPC Palm Bay!

### This Heritage

They are not dead,  
Who leave us this great heritage  
Of remembered joy.  
They still live in our hearts,  
In the happiness we knew,  
In the dreams we shared.  
They still breathe,  
In the lingering fragrance windblown,  
From their favorite flowers.  
They still smile in the moonlight's silver  
And laugh in the sunlight's sparkling gold.  
They still speak in the echoes of words  
We've heard them say again and again.  
They still move,  
In the rhythm of waving grasses,  
In the dance of the tossing branches.  
They are not dead;  
Their memory is warm in our hearts,  
Comfort in our sorrow.  
They are not apart from us,  
But a part of us  
For love is eternal,  
And those we love shall be with us  
Throughout all eternity.

### WORSHIP SERVICE INFORMATION

On Sundays we are holding a single service that begins at **10 am with 45 people in the sanctuary.**

Please continue to call the church office to reserve a seat - they will be limited as noted!

Congregants are asked to please **wear masks** when singing, and whenever not able to maintain social distance.

For those who wish to continue worshiping with us online, services will be live streamed on Facebook and a copy will be placed on YouTube.

# Prayer Requests

- Continued prayers for: Frank (Karola Deluca's brother, heart attack), Cubby (Robin Watson's son, nerve damage), Scotty (Terry Twardzik's son-in-law, cancer), Pam (Barbara Horn's sister, cancer), Vanessa (Robin Watson's friend, cancer), Diane and John (friends of Fredricka Hopkins, cancer), Bernard (Etiennes' brother, depression), Fran Phillips (back), Robin Watson (move, decisions), Steven Musgrave (work), the Rutter family (grief) Bob Ritter (pain, health).
- Raye Neimeyer is grieving the loss of her brother-in-law, who was the only other remaining family member from her generation. Please keep her and the family in prayer.
- Jack Dayton's aunt, Millie, passed away in her home with family nearby. Please keep their family in prayer as they grieve.
- Nancy Hudack is recovering well from her knee surgery - please pray for her continued recovery and rehabilitation.
- Judy Irvine asks for prayer for her friend Scott, who has lung cancer and tumors in his brain, as well as an infection in his foot that is making him unable to walk.
- MaryLynn Yust asks for prayers for her friend, Kathryn, who is struggling with confusion issues.
- Cheryl Evans asks for prayers for her mother, who is now living at home again after leaving the rehab center.
- A friend of several members of the church, Bobbie W, needs prayers for recovery from a broken arm and shoulder. She is currently in rehab in the area.
- A friend of the Musgraves, Janette, is recovering from a heart attack.
- Vince & Sue D'Imperio 's friend Vivian had major surgery on her foot. Prayers for healing and pain reduction.
- Fredricka Hopkins is now home after a brief stay in the hospital related to her blood pressure.
- Please pray for Kay, Ronnie Dayton's stepmother, who fell and broke her ribs.

- Wilma Heriot asks for prayer for painful diverticulitis and a hiatal hernia.
- Molly Stone asked for Prayer for her son Glen and his family, who have Covid-19.
- Danny Paul's sister, Dorothy, is recovering from surgery related to breast cancer. Please pray for her recovery. Danny also shared that his wife, Pamela, is almost to 100% after her stroke last year.
- Mavis Mattadeen continues to recover from surgery on her gallbladder.

## Word from the Herd

Send in your updates to be included in this section of the newsletter by contacting the office or Pastor Debra!

- Come visit our puzzle and movie exchange, now located in the quiet room of the sanctuary!
- There are a few people who would appreciate cards from church friends: Lewie and AnnaBelle Schaaf, Marilyn McEachron, Kathleen Kemp, and Ken and Phyllis Knapp.
- AnnaBelle Schaaf is walking some more with a walker and grateful for more mobility.
- Fran Phillips and Bill are both at Hibiscus Court, but in different sections in order for Bill to receive the benefit of being in a memory unit. Their new addresses are printed in the directory.
- Marion Jones is staying with family and if you would like to send her a condolence card, you may do so by mailing it to 4400 feather St., Cocoa, FL 32927
- We received a call from Jim and Betty Gaidry asking for prayers for Ken Robinson, one of Betty's brothers. He was in the hospital in Sebastian with pneumonia and other problems, but was in a room and starting to improve the last we were able to check.



## Resources for You

We are providing several resources for you at this time.

- **Facebook:** "Ask a Pastor" videos come out occasionally, and we are always looking for new questions! We are also live-streaming Sunday worship services.
- **Youtube:** Our "Ask the Pastor" and a copy of our Sunday services are loaded onto Youtube in case you missed them on Facebook.
- **Dial My Calls:** This phone service provides voicemails to let everyone know what is going on or any need to know updates.
- Tablets are available for members who do not have computer access to watch our videos! Call to request one

*Let all that you do be done in love.*

1 CORINTHIANS 16:14

## Check out a Tablet!

The church has 3 tablets that are available to be checked out in order to watch videos of worship and other events without needing a computer. Call today to ask for one!



*Need Prayer?  
Let us Know!*

We would love you pray for you, your family, and loved ones! Please call the office at (321) 725-8484 or email us at [office@palmbaypres.org](mailto:office@palmbaypres.org) to let us know!

# Mission Notes

## BREVARD AND INDIAN RIVER PRESBYTERIANS MISSION CONFERENCE



Our upcoming special offerings include the Shoe Mission on March 7th, One Great Hour of Sharing on April 4th and collecting items for mothers to be given out by Operation Hope starting at the end of May.

We will also be collecting the 5 cents a meal offering the last Sunday of each month, which supports programs connected to PATH (Presbyterian Answer to Hunger) - this offering supports local programs like the Sharing Center, regional programs such as Second Harvest Food Bank and the Central Florida chapter of Society of Saint Andrew, as well as international agricultural missions in Madagascar and Nicaragua.

Thank you to everyone who donated to the special offering for the 2021 Brevard and Indian River Mission Conference. These funds will be used to support the work of Presbyterian Disaster Assistance in Puerto Rico with ongoing hurricane recovery efforts as well as support and recovery for recent earthquakes and COVID-19.

If anyone is interested in participating in BIRP, their meetings are open for any and all to attend - they traditionally meet the third Thursday of each month at 12:30 in the afternoon. Meetings are held on Zoom at the moment, and Pastor Debra can send you an invitation to attend, just call or email her and ask for the information!

## Info & Update

Right now, we are currently having our second hosting date for this year (2/28-03/7)! Our next Family Promise hosting date is May 2nd to 9th.

In-house hosting is still suspended, so this week will also still be providing or delivering hot meals for dinners to families at a local hotel. The church is also providing groceries to the families for breakfast and lunch.

At a coordinator's meeting on February 22nd, it was reported that Family Promise helped 637 individuals in 175 families in 2020, 63% of whom were children. There was a total of 2,085 bed nights, 6,255 meals given, and an average length in stay of 38 days before obtaining housing! 100% of the families in both the homeless prevention and stabilization programs exited the program in housing, 90% of those in the pre-project and 82% in the shelter program exited with housing as well!

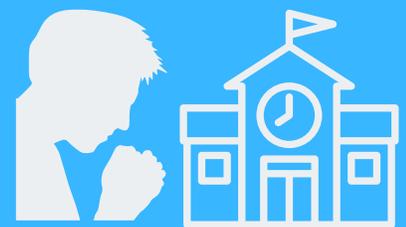
Thank you to everyone who helped this program succeed in 2020!



The Shoe Mission is our signature mission. Each year we work with the guidance counselors in 11 local elementary schools to identify students who need assistance in obtaining new shoes for school. We partner with Shoe Carnival. They have been giving us a 30% off coupon for the families we give gift cards to. Last year we were able to provide new shoes for 77 children and this year we hope to match or exceed that number with your generous assistance!

Over the years we have heard many stories from the families who received shoes and gift cards - stories of the child's pride in their new footwear and stories of how the love shown by unknown strangers helped them believe that God could love them too.

**This Sunday, March 7th**, we will be taking up an offering to support this wonderful mission. Please consider supporting this great cause!



Please continue to pray for our schools throughout the rest of the 2020-2021 school year. that the year ends smoothly and without and huge outbreaks of COVID-19.



*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.*  
EPHESIANS 3:20

# Where Can I Get the COVID-19 Vaccine?



The Florida Department of Health in Brevard County (DOH-Brevard) will offer free, appointment-only COVID-19 vaccinations of the Moderna COVID-19 vaccine starting **Monday, January 4, 2021**. Vaccines will be administered at a drive-thru distribution site located at **2555 Judge Fran Jamieson Way, Viera, FL 32940**.

Vaccine appointments may be reserved by:

- Calling **(321) 454-7141**
- Online via the Eventbrite platform at the following link: <https://brevardcovidvaccine.eventbrite.com>

Appointments are currently only available to: Individuals 65 years and older and healthcare workers who provide direct patient care and are not associated with a hospital system.

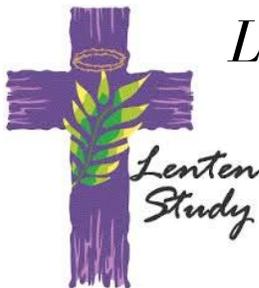
Please be patient when calling to reserve an appointment as call volumes are high. Appointments may only be made via phone and cannot be made in person.

In addition to the FDH, both Publix and Walmart are offering appointments for vaccinations. For locations and availability, visit one of the web addresses listed below.

 **vaccinations.**<https://www.publix.com/covid-vaccine/florida>

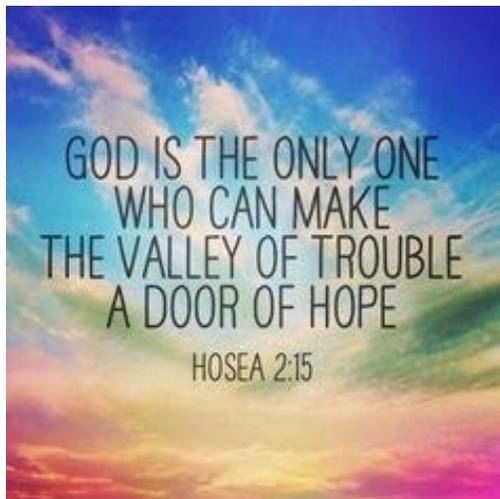
 **https://corporate.walmart.com/covid-vaccine**

## Lenten Study



Lenten study is underway now! If you have any questions or want to sign up (12 p.m. or 6 p.m. timeslot), please contact Pastor Debra at 321-507-0257,

or email at [debra@palmbaypres.org](mailto:debra@palmbaypres.org). Come and learn with us about Christian ways of disagreeing with one another!



## Easter Lily Orders Start March 14!



Easter this year is on April 4th, and we will begin taking orders for Easter lilies on Sunday, March 14th. You can dedicate a lily in memory or honor of someone, and a special insert will be included in the Easter bulletin and April newsletter to share all the dedications. Lilies will be \$8.00 and can be picked up after the 10:00 Easter service or in the office the following Tuesday. Please contact the office to place your order at 321-725-8484, email [office@palmbaypres.org](mailto:office@palmbaypres.org), or keep an eye out for order forms in the bulletin in March!

## 2021 Flower Chart available Dates

There are a few dates still open for the 2021 flower chart. The dates are:

- March 14th
- March 21st
- May 16th
- May 30th

More dates are also available through the year. If you are interested in signing up for a date, please give us a call in the office at (321) 725-8484. The cost per arrangement is \$20.

# Birthdays & Anniversaries

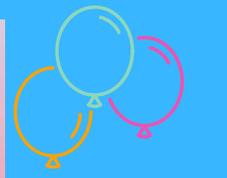
## Birthdays

- 03/04 James Corton
- 03/07 Bill Phillips
- 03/10 Brian Young
- 03/11 Vicki Cather
- 03/12 Sheri Phillips
- 03/12 Ernie Wohlenberg
- 03/21 Neil Carlon
- 03/22 Delson Etienne
- 03/24 Fredricka Hopkins
- 03/25 Kathleen Kemp
- 03/26 Drew Woods
- 03/28 Anna Wood
- 03/31 Sam Musgrave
- 04/02 Marlin Fausey
- 04/02 Barbara Horn
- 04/11 Patti Loyd
- 04/12 Winston Melbourne
- 04/12 Robert Ritter
- 04/15 Judy Quirico



## Anniversaries

- 03/06 Mike & Susan Allison
- 03/07 Eugene & Nancy Wallace
- 03/24 Robert & Joanna Ritter
- 03/25 Paul & Libby Knapp
- 03/26 Lewie & Annabelle Schaaf
- 03/30 John & Monia Yust
- 04/10 Clyde & Marylynn Yust
- 04/13 Jay & Sue Klaasen



*The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*  
LAMENTATIONS 3:22-23

# Newsletter Changes are Coming Soon!

We have been reviewing feedback about the newsletter and will begin incorporating changes into future editions of the newsletter - please keep an eye out for these changes and pass along additional suggestions for improvement. The newsletter will resume being a once-a-month publication in April this year. Thank you for all your help in making the newsletter informative and welcome in the past year!



## Men's Breakfast is Coming Back!

The Men's Breakfast is starting back up again! They will be meeting at Dottie's the first Saturday of each month for food and fellowship with other men from both First Presbyterian and Good Shepherd. Contact Gary Christensen for more details!

## Remember Who You Are: 10 Scriptures to Remind You of Your True Identity

How many times have we thought or said things like, "I'm just not smart enough," "I'm a failure," "I'm not as important," "I'm not worthy," or other such derogatory comments? They are all lies. Lies from the enemy of our soul who seeks to distract us from our true identity in Christ. I don't know about you, but when life is a challenge, or when I'm struggling, I'm in a vulnerable position and more easily swayed by the enemy's lies about me. I have found that it is crucial to have the Word of God hidden in my heart, so when the lying whispers of the enemy attack, I can refute them with truth. Repeatedly throughout Scripture, God reminds us who we are and whose we are. For those days when you need the encouraging reminder, here are just a few of those verses that declare the truth about our identity:

1. "God created man in His own image, in the image of God He created him; male and female He created them." (Genesis 1:27)
2. "But to all who believed him and accepted him, he gave the right to become children of God." (John 1:12)
3. "See how very much our Father loves us, for he calls us his children, and that is what we are!" (1 John 3:1a)
4. "For all who are being led by the Spirit of God, these are sons of God." (Romans 8:14)
5. "Therefore you are no longer a slave, but a son; and if a son, then an heir through God." (Galatians 4:7)
6. "For you are all sons of God through faith in Christ Jesus." (Galatians 3:26)
7. "And I will be a father to you, And you shall be sons and daughters to Me," Says the Lord Almighty. (2 Corinthians 6:8)
8. "Behold, I and the children whom the Lord has given me are for signs and wonders in Israel from the Lord of hosts, who dwells on Mount Zion." (Isaiah 8:18)
9. "Behold, children are a gift of the Lord, The fruit of the womb is a reward." (Psalm 127:3)
10. "For I will pour out water on the thirsty land And streams on the dry ground; I will pour out My Spirit on your offspring And My blessing on your descendants" (Isaiah 44:3)



Lent is a season of focus and preparation. It aligns our hearts with God's heart as we approach Easter. The following are just a few ways to focus and prepare.



### Give it Up

Consider giving up something that distracts you from your important relationships, such as social media or television.



### Plug In

Consider adding something that helps you connect with God. Read a book of the Bible or practice a Lent devotion daily.



### Serve

Start a new routine of service, such as Volunteering regularly as an academic mentor, volunteering to help out at the church, or visiting or helping a friend who is in need.



### Share it

Make it a communal event, share your Lent practices with others via a small group or while attending service.





# March 2021



Sun      Mon      Tue      Wed      Thu      Fri      Sat

	1	2	3	4	5	6
	12 AL-ANON 6 NA	10:30 DAILY BREAD 11:30 CHOIR 6 CUB SCOUTS 7 BOY SCOUTS	12 LENTEN STUDY 6 LENTEN STUDY 7 BAND	6:15 NA	5 LIFELINE BIBLE STUDY	8 MEN'S BRFTST
7	8	9	10	11	12	13
10 WORSHIP <b>COMMUNION</b> Shoe Mission Offering	12 AL-ANON 6 NA	11:30 CHOIR 6 CUB SCOUTS 7 BOY SCOUTS	12 LENTEN STUDY 6 LENTEN STUDY 7 BAND	6 ADMIN 6:15 NA	5 LIFELINE BIBLE STUDY	
14	15	16	17	18	19	20
10 WORSHIP Daylight Savings Begins	12 AL-ANON 6 NA	11:30 CHOIR 6 CUB SCOUTS 7 BOY SCOUTS 7 SESSION	12 LENTEN STUDY 6 LENTEN STUDY 7 BAND St. Patrick's Day	6:15 NA	5 LIFELINE BIBLE STUDY	20 Welcome Spring Earth Day First Day of Spring
21	22	23	24	25	26	27
10 WORSHIP	12 AL-ANON 6 NA	11:30 CHOIR 6 CUB SCOUTS 7 BOY SCOUTS	12 LENTEN STUDY 6 LENTENS TUDY 7 BAND	6:15 NA	5 LIFELINE BIBLE STUDY	
28	29	30	31	<b>Lifeline Academy School Hours:</b> M-W Kids: 7:45 – Am – 2:00 Pm (Staff Until 4:00 Pm) Thurs Kids 7:45 Am – 1:00 Pm (Staff Until 4:00 Pm) Friday Kids: 9:00 Am 2:00 Pm		
10 WORSHIP 5C PER MEAL Palm Sunday	12 AL-ANON 6 NA	11:30 CHOIR 6 CUB SCOUTS 7 BOY SCOUTS	12 BIBLE STUDY 7 BAND			



# IN THE WORD



## Acts 4:5-14

*The next day their rulers, elders, and scribes assembled in Jerusalem, with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. When they had made the prisoners stand in their midst, they inquired, "By what power or by what name did you do this?" Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders, if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead. This Jesus is 'the stone that was rejected by you, the builders; it has become the cornerstone.' There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved." Now when they saw the boldness of Peter and John and realized that they were uneducated and ordinary men, they were amazed and recognized them as companions of Jesus. When they saw the man who had been cured standing beside them, they had nothing to say in opposition.*

## March 3

### Read Acts 4:1-14

After the coming of the Holy Spirit, the disciples were not afraid to proclaim Jesus' name. They boldly taught and healed in his name and captured the attention of those who wished them to be silent, lest their teachings spread across the land. But when confronting the disciples in public, they cannot speak against what they have done - they healed in the name of Jesus, the healed man stood next to them as evidence, and the religious leaders could say nothing. Many times, the work of Christ can stand on its own merits without our help, all that is needed is someone to give credit where it is due.

## March 5

### Read Matthew 7:15-23

The warning offered in Matthew 7 is a frightening one for believers - the idea that we could be unknown to Christ while thinking we are following his ways is daunting. While it is easy to see how this could happen when we look at cult groups, it is harder to assess whether we ourselves follow 'false prophets' or teachers who would lead us astray. Jesus offers this proof to try to discern the good and bad - what works / signs / effects are they producing? Are those in line with the person and work of Christ? Always be willing to critically examine your teachers.

## March 7

### Read John 19:25b-27

The moment on the cross when Jesus sees to the care of Mary, his mother, is incredibly poignant, because it underscores the fact that she is present at his crucifixion. It is difficult to consider the full penalty that Jesus took upon himself for our sins - the pain and suffering that he went through. It becomes even harder to ponder the more we come to love him. When we were strangers to Christ because of our sin, there is so much relief present in our consideration of his death it doesn't hit us the same way, but Mary's tears make clear the pain of seeing Jesus suffer.

## March 4

### Read John 14:1-7

As Jesus taught his disciples, he sought to reassure them that there was a future for them beyond the present world, where they would be with Christ. Thomas was honest in asking questions, and Jesus' answer is comforting, for all that it doesn't give the clear directions Thomas was hoping for. Thomas (and we) are reassured that when it comes to our future, it is not important to know the details so long as you know Jesus. If you are following him, you are on the right path, and if you are not following him, you are lost. Focus on Jesus and his teachings - they are the truly essential path to follow.

## March 6

### Read Psalm 37:23-40

The psalmist writes to encourage believers not to be jealous when evildoers succeed. Sometimes it is hard to feel like our good work goes unrewarded while another person's evil brings them success. It is not fair, but the world is not a fair place. When this happens, remember that the Lord is more than fair - he is righteous, and there will be a day, in this life or at Christ's return, when he will set things right, when he will punish the evildoer and reward the faithful, when truth will be honored and lies exposed. Pray for that day, and work faithfully in the meantime, being confident it's worth it.

## March 8

### Read Colossians 3:1-17

With Jesus' death and resurrection, we receive a new life. Much like Mary and John's adopt one another as family, we are adopted into God's family, and with that comes a new set of family rules. Paul does a wonderful job in this passage of explaining the difference expected for those who have joined the family - there are attitudes and actions that must come to an end, and others that should take their place. He makes clear that all we are to put aside brings about God's anger, but in focusing on our new life, we are renewed, protected, glorified, and connected to one another.

# IN THE WORD

## March 9

### Read Galatians 1:1-5, 10-12

Paul didn't always get along with everyone. There are plenty of times he argued with other apostles, leaders of communities he visited, and even his own friends. He proclaims in this passage one of the reasons he comes across as abrasive to others - he is not trying to please them. His focus is on pleasing God in all he does, and if in pleasing God he displeases others, he is okay with that. This is not to say he is insensitive - he is adept at reading people and situations and finding the most effective way to communicate - but he is not willing to compromise God's favor for that of people.

## March 12

### 1 Corinthians 12:12-17

In what ways do you see yourself as connected to other believers? Are they people you talk with at church on Sundays, someone you enjoy seeing and spending time with, or are they essential parts of your faith journey? Paul concentrates on the way in which we need one another in order to help a church with many divisions to see one another as being connected into one being. But he also underscores our need for one another - after all, in our bodies, we would not be functional if we only had lungs one day a week, or access to legs for a few hours at a time.

## March 15

### Read Deuteronomy 31:1-8

For the people who had wandered in the desert for 40 years, there were very few constants. The two most important were Manna, their source of sustenance, and Moses, their leader. Now they face a future where neither will be present. Moses will not be going with them into the promised land, and once they enter, the Manna will stop. The passing of leadership over to Joshua is a reassurance to the people that God's presence will still be with them - it wasn't tied up solely in Moses, it was always with them as his people. Read the passage again, trying to keep in focus that these words are to comfort and encourage, not to admonish.

## March 10

### Read Proverbs 13:20

We all know we cannot choose our family, but when it comes to friends, it is our choice who we will spend time with. These are the people in whom we choose to confide, who give us advice or help when we ask for it, and whose interests and activities we will likely spend time engaging in. Because of the way our friends help shape who we are, what we think, and what we do, we need to be very thoughtful about who we choose to surround ourselves with. Will they encourage us to do what is right? Will they help us seek after God and follow his ways? Will they help us be better disciples?

## March 13

### Read Romans 8:1-9

Do you ever have a problem with guilt? Feeling like you should be doing better as a follower of Christ, able to overcome temptation, stand out from those around you in word and in action? While all of these are good aims to have as a Christian, and being honest about our faults and failings is an important step in growing in our faith, when we become preoccupied by the ways in which we don't match up to God's example or feel like we are failing, we actually take our eyes off his example and start working against ourselves. Remember that there is no condemnation for those who belong to Christ and keep trying to live up to his example.

## March 16

### Read Romans 8:31-39

Sometimes we feel like the world is against us. Our plans aren't working, no one is cooperating, and everything that can go wrong is going wrong. On those days it is hard to convince ourselves that we have what it takes to keep going. Those are the moments where Paul's words have power - he reminds us that there is nothing anywhere in all of creation that can claim power over God, and if God has claimed us, we are safe in his hands. Something may be able to temporarily discourage or dismay, but in the end, God will overcome, and we will see ourselves restored. Remember, this too shall pass, but God will be with us forever.

## March 11

### Read Matthew 18:21-22

Peter appears to have a problematic relationship with someone in his life - someone with whom he was regularly in conflict or who kept doing something that hurt him. At least, that is the assumption given the question he asks Jesus about forgiveness. Whereas Peter wants to know at what point it is acceptable in God's eyes to cut off relationship, Jesus' answer reveals God's heart on the matter - forgiveness should always be an option. God's relationship with his people underscores this teaching - God never gives up hope for reconciliation and renewal, so neither should we.

## March 14

### Read Matthew 27:45-47

If God's own son feels abandoned in his time of distress, what hope have we that God will be there for us in ours? Even when our minds "know better" through the teaching that the reason God must abandon Jesus in this moment is so that he is able to never abandon us, even when we are in sin, our hearts can still hold onto the fear that we will be alone in our pain, making it that much worse. We cannot talk ourselves out of this fear, but we can practice looking for evidence of God's presence with us every day, making it easier to see when we are in need.

## March 17

### Read Psalm 142

Psalm 142 is short and to the point - the author is in distress and in need of God. It is good to have passages like this that can give voice to what is in our hearts when we have trouble finding the words. Even better, as we echo the cry for need that we see in this psalm, we also are led to seek after God with our fears and our sorrows instead of holding back. This psalm has it all - complaint and confidence, all underscored with assurance that the Lord cares about their concerns. There is a recognition of the present reality and hope for the future. It is a great tool for prayer in times of pain when someone feels alone in their distress.