



“In the day of my trouble I will call upon thee: for thou wilt answer me.”

Psalms 86:7

In the day when trouble comes knocking on our door, will we call upon the Lord? Any kind of trouble can happen to where you do not have any control over. What do you do about it? These days troubles seem to be all around us where we live. All kinds of troubles have even moved into our neighborhoods where we live. The Hebrew word for trouble is “akar” and it means to stir up or to disturbed. We may find ourselves disturbed by what we see around us. Sometimes we may find ourselves involuntary being disturbed by outside sources that have invaded our environment. I have experienced an outside source that invaded my environment in my home on Labor Day weekend. Four and a half hours’ worth of sonic kick drums and screaming from several bands that was hired to play during Labor Day festivities. This was on the school field bordering our property. Our house was rattled to the point where our dog became disturbed to having an anxiety attack. My ears were pulsating to the point of having a headache. Since I am a musician who produces music, I am aware of how decibel levels can damage one’s ears. I wondered how our neighbors faired during this time. The loud music can definitely stir up a negative response. Not everyone thinks about the health of others when planning a community event.

I share this experience because it is not often talked about how one event can affect those in a negative way rather than in a positive way. Those who suffer through such an experience may not have control over the cause of an event taking place. We have to take it to the Lord in prayer. What do you do when your peace is disturbed? One answer is to flee the scene. During times like this we may not realize what trouble we are in. We just react to the environment. Our environment may consist of lawlessness, shootings, and certain kinds of other disturbances. This is trouble that causes pain and suffering. Consider Job’s words, “Yet man is born unto trouble, as the sparks fly upward,” [see Job 5:7]. The sparks are the flames of discontent and bitterness. Anger and disappointments cause trouble and is often passed onto



those whom we love. Those who are stirring it up are also in trouble of losing their peace and communion with God. The fall of Adam is the human condition we are exposed to on a daily basis. Therefore, we must take a time out and tend to the meaning of life itself. Praying, and remembering what the word of God says will help us to adjust our position as a child of God.

“The merciful man doeth good to his own soul:
but he that is cruel troubleth his own flesh.”

Proverbs 11:17

We must attend to our own soul and spirit by feeding upon the word of God. Those who are cruel are troubling their own body with pain. At the end of verse 23 in Proverbs chapter six, states that, “reproofs of instruction are the way of life.” We need the wisdom of God to understand how we may do good to our own soul. We also read in Proverbs 7, verse 10, the importance of receiving “instruction, and not silver, and knowledge rather than choice gold.” Wisdom is better than riches. God is made unto us wisdom, righteousness, sanctification, and redemption,” [see 1 Corinthians 1:30]. We must know where our help comes from, and it comes from the Lord. I was stunned at the following verse in Proverbs chapter 25.

“A righteous man falling down before the wicked is
like a troubled fountain, and a corrupt spring.”

Proverbs 25:26

Falling down before the wicked in disgrace is not what the Lord wants. What is lacking is the Holy Spirit conviction. A troubled fountain is where the living water cannot spring forth freely.



Something has blocked the flow of the spirit of God. Get back to God and plead your case. Just listen to David's confession. Falling down before the wicked also ruins our testimony that we have in Christ. The Lord knows every feeling we have and the pain of our physical and mental weaknesses. We must come "boldly unto the throne of grace, where we may obtain mercy, and find grace to help in our time of need," [see Hebrew 4:16]. Come to the Lord in your time of need. Cry out like David and confess.

"Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed."

Psalms 31:9-10

Confession to the Lord is the cleansing of the heart and soul of unwanted bitterness, anger, disappointment, pain, and suffering. If you are at your wits' end, then cry out to the Lord God like David. Like David, some of us have had years of sadness and tiredness where our strength has failed.

"I am desolate and afflicted. The troubles of my heart are enlarged: O bring thou me out of my distresses. Look upon mine affliction and my pain;



and forgive all my sins.”

Psalms 25: 16-18

Take your troubles to the Lord. The Lord will bring you out of all your suffering from anxiety, sorrow, and pain. Proverbs chapter 11, verse 8 states that the righteous is delivered out of trouble. We must confess our sins and forgive ourselves as well as those around us. When we are in trouble remember that when you “cry unto the LORD in the day of trouble, he will bring you out of your distresses, [see Psalms 107:28]. God sent his word, and delivered them from their destructions, [see Psalms 107:20]. In the name of Jesus, He will deliver you out of your own destructions and the destructions of others in the day of trouble.

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