

OUR NEED TO BE HEARD

"Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

Jeremiah 29:12-13

Those who live with mental health issues are a people who are too often looked down on, shunned, rejected, excluded, made to feel ashamed. We have so much within us that begs for understanding.

Yes, you might say, but don't we *all* have a need for understanding? Very few of us *don't* have problems. Every one of us suffers at times.

More than anything, we need to be heard by someone—someone who cares. That in itself brings peace and the knowledge that we're valued. It's such compassionate listening that God calls us to bring to those who suffer.

Makes you realize—doesn't it?—how loved we should feel to have a heavenly Father who will listen to all we need to say. He hears us more fully than anyone else. When we pray we will know we're understood.

Is that not where the peace comes from within those who believe in prayer? Yes, I believe so. Not only that. Coming close to God in prayer will help us rest in the assurance that we're cared for with a love not available anywhere else.

Seek Him. Seek Him with all your heart.

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