

**General Topics :: Anyone have 'panic attacks'?****Anyone have 'panic attacks'? - posted by dougkristen (), on: 2005/9/6 22:38**

I am confessing that I deal with 'panic attacks' and anxiety similar to what Ray Comfort has recently wrote in his book, "Overcoming Panic Attacks". I first read about it in The Evidence Bible in the back of the book, after my wife showed it to me.

I have struggled with phobia of crowds, people/ and also symptoms of panic attacks where I literally feel like I'm dying... Maybe I should have posted this in the section for prayer and asked for prayer... Greg, feel free to move this, but I was looking to see if others deal with this.

This is a problem I am wrestling with and asking God for help in this area and what to do about it.

In Christ,
Doug

Re: Anyone have 'panic attacks'? - posted by letsgetbusy (), on: 2005/9/7 1:00

I have experienced things like this since I was a kid. These are experiences that brought about a sense of dread and fear, usually of a fight:

- Playing in the neighborhood
- Going to school (stayed home for a week once)
- Going to parties with friends

These experiences bring about the same feelings, but of a fear of humiliation:

- Starting new jobs
- Messing up in front of peers
- Speaking to people
- Talking to people I haven't heard from in a while

The odd thing is that I can't get enough of talking to people, especially about the LORD. But to this day, I occasionally am completely overcome with fear. I am almost always so nervous that I don't want to eat, but I know that afterward there is a great sense of accomplishment.

Sometimes when I have been witnessing, my eyes have filled with tears, not out of compassion, but as a reaction to nervousness. I have also had my arm hairs stand on end. My buddy said that about one time he got so nervous while we approached some people in the town square to witness to them, that he couldn't hear. Amazingly, the guy we approached that day ran into my buddy in a store, and came up and shook his hand, thanking my buddy for us talking to him. A completely chance meeting (actually divine appointment).

I'd be concerned about the guy that never got scared.

A pianist once told me that he always got nervous, and that he always played well. But one night he did not get nervous, and it was the worst he had ever played.

Ray Comfort describes that before his first time street preaching, he was not scared, he was utterly mortified. So if you have what Paul talks about in Corinthians, weakness, fear, and much trembling, you have just qualified yourself as a witness of Jesus Christ.

Notice the words of the men God used:

Moses: "Who am I, that I should go unto Pharaoh?"
Isaiah: "I am undone...a man of unclean lips"
Jeremiah: "I cannot speak: for I am a child."

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Psalmist: "I am a worm, and no man"

The LORD isn't looking for a champion, like Saul, He's looking for a man "that hath clean hands and a pure heart, who hath not lifted up his soul to vanity, nor sworn deceitfully. He shall receive the blessing from the LORD..."

God doesn't need a man that is head and shoulders above the crowd, he needs a man that feels that he is dead. Dead to self, so that God can move His Spirit into him. A man full of himself has no room for God. It seems to me that you are qualifying yourself. Set aside all your worldly desires, and pray for the power of the Holy Ghost to fill you. If He doesn't, like William Booth said, 'try tears.'

If you haven't listened to all the Ray Comfort messages in the Hell's Best Kept Secret series, I would do so. He goes into great detail about dealing with fear.

Re: Anyone have 'panic attacks'? - posted by GaryE (), on: 2005/9/7 1:19

Carter Conlon sometimes talks about how he was afraid he would be called to answer a question in school. He had this kind of fear past being born again. The Lord delivered him from this fear.

Did you ever notice how many fear notes are in the bible? God didn't give us a spirit of fear so I guess we know where fear comes from.

In Christ,
GaryE

Re: Anyone have 'panic attacks'? - posted by rocklife (), on: 2005/9/7 1:59

I get such things, especially when opening my mouth for Truth. That makes the victory so much greater when I push past my evil flesh and evil spirits trying to scare me and instead speak out for God, and with God and with His power. The most recent one my flesh tried to get away with, was when I saw child abuse right at the park, 3 adults against their 3 toddlers. Right before I reported to police, my flesh tried to stop me at the last minute, but Truth and Love push aside such evil.

Without His power and strength, I would just be a people pleaser like I used to be (I secretly was very hateful, but pretended as much as possible) God has power over our flesh, I am a testament to that.

Re: Anyone have 'panic attacks'?, on: 2005/9/7 5:56

Hia Doug,
I wasn't aware that Ray Comfort had written a book on this topic.
Is it on line, or must it be ordered ?

Did it help you at all ?
What were his 'main points' in it ?

I think unless a person has truly gone through this experience, they could never properly advise on it and actually shouldn't.

It is a physiological response, and has to be recognized in that way.

There are three factors that may help some, to keep in mind.

First, a fearful thought may even be one that is not easily recognized consciously, and may be as quick of a thought as the blink of an eye, but the body's first response, is hyperventilation.

With that, also comes an Adrenalin rush. The "fight or flight" hormone.

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These two responses, cause all the rest of the physical symptoms that follow, and even to the feeling that one is "loosing their mind" or "may die".

It is important to see those first two factors and try to nip them in the bud. That 'can' be done.

We all get "anxious" at one time or another, but when one gets "Anxiety over their anxious feelings" or 'Anxiety over their anxiety', it will only intensify.

Realizing, that the worst of it is the physical reaction to some internal 'fear', whether conscious or not, it 'normally' is a fear of "the unknown" ... the "what will happen if..... " type thing.

The first thing is to take control of the breathing and BREATH DEEP & slower, to prevent the tachycardia, etc. that comes from hyperventilating.

Second, to "work off that excess adrenaline".

Don't let it "paralyze" you.

These must be done, almost immediately when you feel that first "creepy feeling" coming on.

Get busy, and Breath.

This will distract the brain also from whatever that "thought" was, that initiated the physiological response.

Whistle while you work helps too, with both the hyperventilating and working off the excess adrenaline.

Thirdly, ALWAYS face your fears, HEAD ON.

If it's say, 'crossing bridges', then cross them.

Don't even give in to the fear, but 'react' ... just the opposite of what the fear is demanding.

It's not all a "lack of faith" or "demonic attacks", so thankfully, you can take more and more control, gradually over these. But Be Patient With Yourself, and give yourself the same compassion for this as you would to someone else going through it.

Jesus will hold your hand through these and teach you a lot about things, as you and He go through these together... one step at a time.

But, the main thing, is 'face your fears head on', and after a while, you'll see that the fears were unfounded. ;-)

Ask the Lord to show you what the 'hidden' fear is, and gradually He will, as you allow Him.

Ask Him to help you to be more 'cognizant' of even your more 'unconscious' thoughts (so to speak).

I'll be praying for you and don't ever feel like a failure !!!

You will be able to "comfort others wherewith you were comforted" in the future and these things will only Increase your compassion for all people. Rom. 8:28,29. "ALL things..."

Sit in a Mall of people and just sit there asking Jesus to give you HIS LOVE for them, because Perfect Love casts out all fear.

His Love sure is Powerful and does miraculous things. Amen ! :-)

Whistle a Happy Psalm, for the JOY of the LORD is our strength.

Lord God and Christ Bless you bro.

Annie

Re: - posted by HopeinChrist, on: 2005/9/7 6:25

I have been taking a lay ministry class which is currently focusing on ministering to the abused. Last week one of the things covered was the fact that abused people often have a difficulty with intimacy, which was broken down as "into me see." He went on to describe how abused people can put up walls as a means of self protection. If they don't let anyone get that close to them it removes the threat of being hurt again. As he was describing the thinking, "I don't mind having lunch with you, I don't mind listening to your life story, I don't even mind marrying you and having children with you. As long as you don't try to see into me." When he said this, panic hit. Past fear and trembling, full throttle panic. I have never experienced panic attacks I have heard people speak of but if it is anything like what I felt, my heart goes out to you. I experienced abuse as a child and have spent 30 years unconsciously erecting these walls. When I got out of that class, I thought I will surely not go back. I cannot handle this. But over the next few days I began to really seek God and ask him why. Why God do I feel such an extreme level of fear over letting someone get close enough to me or see the real me? I really did not know and sincerely wanted to understand. Well he showed me what was under it and I should have guessed already because it seems this little thing comes up every time I turn around and has tentacles everywhere. It was pride. The fear was not over revealing any particular event or secret. It was not over being rejected. It was the fact that if I let people see the real me," they would think less of me." My pride in this area caused a panic that his zero to sixty in .2 seconds.

I share this not to change the subject but to encourage you to ask God why you feel panic in certain situations. I believe we are all going to feel cautious and uncomfortable in certain situations, but when fear moves from uncomfortability to panic it is not coming from God. God has given us a spirit of power, love and a sound mind. Perfect love casts out fear.

I did go back to class this week. :-)
Blessings,
Hope

Re: - posted by Ruby (), on: 2005/9/7 9:25

I often wonder whether the Lord does not allow such things to keep us on our knees. To make us realise that without Him we really are nothing, yet in Him we can do all things through Him who strengthens us.

Keep on keeping on,

Ruby

Re: - posted by Wildhorse (), on: 2005/9/7 9:38

Anxiety.
Yes i know it well, i suffer it, i am on medication for it.

Just letting you know i get this as well, however since my conversion in early 2004 i rarely get depressed anymore which is a good sign. I have been diagnosed with Social Anxiety.

I have to force myself to speak out of my established social circle sometimes.

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Re: - posted by sermonindex (), on: 2005/9/7 11:56

Quote:
-----I have struggled with phobia of crowds, people/ and also symptoms of panic attacks where I literally feel like I'm dying... Maybe I should have posted this in the section for prayer and asked for prayer... Greg, feel free to move this, but I was looking to see if others deal with this.

Brother Doug, I have struggled with the exact same things for a good year and even abit more. But the Lord **has** been re deeming my mind to allow me to think properly. I really believe its a problem of the mind where there are footholds of thought especially this could be from past childhood. To get some key verse to memorize and repeat is good, and not to thi nk about it and over-analyze it. God is still doing a work in to the praise of the glory of His name.

It would be good maybe for some people to post scriptures that would help them against this situation?

Re: - posted by dougkristen (), on: 2005/9/7 12:24

Greg,

Thanks for sharing this. I did some searching on SI and found some previous discussions on this and listened to Carter Conlon's testimony last night.

I have been trying to not over analyze it, but yesterday I had a panic attack (well I actually thought I was having a heart attack and was dying), but it was so bad, I had to leave my job and go to the lake to pray, read the bible and just 'calm down'. I could not breathe, it was terrifying and I went to read Ray Comforts book last night to see if this might be what I am struggling with. Other times I have had attacks I have shaken, sweat, over the anxiety, stress and fears in my soul. I sometimes feel not saved, but know I am with dealing with this.

These attacks happen in two places, work and at church. What I am struggling with the most is that I sometimes don't want to be around people, especially Christians. I love the brothern, but I do struggle with intimacy and letting people know who I really am. I have struggled with the fear of "am I really saved, because I don't want to be around the brethern" and this as a sign of not being saved or is this just another tactic of the enemy to pound me in doubting my salvation.

Quote:
-----I really believe its a problem of the mind where there are footholds of thought especially this could be from past childhood.

I love my mom and my dad who is deseaced, but I didn't have the best childhood, but do not like to blame the past but ta ke responsibility of the present and the future. I don't like to blame past on my sin that is my responsibility. I have forgive n my mom and dad for their sins that they have passed on.

I would love to read and memorize some scriptures on this.

In Christ,
Doug

Re: - posted by roadsign (), on: 2005/9/7 14:16

Hi, Doug, bravo to you for sharing your struggles!!
You have more courage than you may think.

I don't have any answers, just some thoughts:

I think that our conscience sometimes won't let go of its tyrant rules of the past – even though we may know a new an d better truth.

You know what I found very freeing? To view myself as a messed-up sinner, and just accept that. It freed me from the b ondage of my desperate efforts to try to fit in – be good enough, acceptable, etc. I remember envying the development

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ally disabled because they seemed so free of the bondage of having to fit in. I worked with them one summer and just saw myself as one of them. It was awesome! I made great friends. We did some crazy things together. And I felt so free, free, free. They loved me to bits. And never once did I fear being rejected and judged by them.

I believe that the following quote is far too simplistic for you, but I'll share it because it points in the right direction.

“Do the thing you fear, and death of fear is certain.”

Diane

Re: - posted by dougkristen (), on: 2005/9/7 15:55

Hi Annie,

You can order the book from Livingwaters.com.

I am learning to face my fears head on with God's help. I can see God using this season to test me... so He can use me for something... not sure what yet.

I am going through a lot right now so I can see God using these panic attacks for his chastisement and His purposes.

Yes the book has helped.

In Christ,
Doug

Re: good scriptures~ - posted by baruch_48, on: 2005/9/7 18:07

Quote:

-----It would be good maybe for some people to post scriptures that would help them against this situation?

I had a period in my life where I was suicidal and felt like jello

here are some scriptures that help (anything about God as **Rock, Fortress, Stronghold, Deliverer in the psalms**)

ps 61 - 'lead me to the rock that is higher than I ... you have been my refuge .. a strong tower against the foe '

ps 18, 28, 31, 46 , 59, 62, 71, 91, 94, 144 ---

it's interesting (or a great blessing, is perhaps a better way to put it) - that our Lord Jesus himself would have read these same verses, growing up as a boy .. as Abba Father was unfurling the divine understanding of His redemptive mission to Him

he ate these verses as 'bread' ... and these were his sustenance, most especially in the Garden of Gethsemane

read the classic psalm 91 - picturing Jesus intaking these words, as a young boy in the Nazareth youth group

(austin sparks is the vessel that passed on this very blessed insight to my ears)

bro baruch

Re: Bless God !!!, on: 2005/9/7 21:59

Thank you Doug for answering. I appreciate your honesty and yes, again, I do believe that God will use you to comfort others, wherewith you've been comforted and has and will increase your "compassion" for all of humankind !!!
Bottomline.

I know I said that all on page one, but what I hadn't said, is something that brother Greg brought up.

I guess I was hesitant to bring up "childhood" stuff, not wanting to get near psychology of sorts.

I'll do this as quickly as I can.

When I was 2 mo.s old, my mom left my wonderful dad and us 5 kids.

Dad couldn't find anyone to watch "all" of us, so I was shipped out, being the youngest and no one wanted to care for a 2 mo. old.

By time I was 13, I had been shipped around to a total of 5 different homes.

Each more abusive than the next.

I joined the military to get away, and met, who I thought would be the 1ST Love I'd ever have.

He almost physically killed me and never worked, he did drugs, crime, etc. adultery plus worse stuff, though before we married, he said he had asked Jesus into his heart and acted like a Godsend to me. Found out, he only wanted a meal ticket.

I got an annulment after 3 yr.s by God's deliverance only, to marry again, and more trouble than I could ever post here after that.

With all of that came an anxiety attack (finally) where they thought I'd never live a normal life again. All of this may play a part of why I am physically disabled now, (at least maybe the heart problem part), but the beauty of the testimony, is that I "believed" God can give ANY of us, a Sound Mind, and no matter what ... the Lord will see us through it.

It may take a little time, but you'll smile as you look back, one day.

So what I wrote on page one, was not just from someone who studied psychology for years, but someone who the Dr.s almost gave up on. I was so severely abused, from 2 mo.s old onto adulthood, that they called it PTSD, or severe anxiety reaction, and few Dr.s give a favorable prognosis for that degree of trauma.

But Glory To GOD Alone, I proudly have a sheet of paper I cherish as a testimony to God, by a Dr. who basically said, it's a MIRACLE that this lady is even Sane. And when he said 'sane', he really meant 'sane', because He was awed and I just smiled as we spoke and gave all the Glory to a 'Living' God. And the wonder of the Saints who were praying for me at the time. Wow ! The Lord spoke to them, that I would be O.K., when no one else thought that could happen.

The kinda smile I gave that Dr., sorta makes others need sunglasses to see. HA ! Even though I smile without showing my teeth. We call it a "frog smile". This kind -> :-D , HA.

Please read my 1st post again, 'cause the main point is "no condemnation" to anyone going through this just 'patient' endurance and allowing Jesus to see you through, 'unto the end'. :-)

I feel a little exposed now, for sharing, but all who have posted on this thread here, have made me feel it is worth it.

Nothing shall pluck us out of HIS HAND !!!
Rom 8:28,29 are my "life verses".

God Bless you all who've posted here.

Annie

Re: - posted by rocklife (), on: 2005/9/8 8:08

about scriptures to back up fighting panic attacks, I believe more christians really need to study the bible more in-depth and prayerfully, with the willingness to hear God and do what God says. One way to renew our thoughts, grow in knowledge of God, is bible study, with bible on audio tapes, like listening on walkmen, and watching bible movies, and of course reading the bible. Get to know God and His will, spoken through His Written Holy Word, and allow Him to change us on the inside.

People need the whole bible. We need more than one scripture, we need God, His Spirit, and the whole of His Holy Bible. Here is one serious scripture: "But the COWARDLY, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters, and all liars- their place will be in the fiery lake of burning sulfur." rev 21:8

If we have fears, we need to give them to God. Get encouragements if needed, by reading and learning from other christians who have done this, and ask God to give you the strength. One source of great encouragement for me, was first reading "Foxe's Book of Martyrs." And the bible. We need the strength of martyrdom for Truth, which is impossible outside of God, even Jesus sweated blood in obedience to God. Our flesh comes into slavery, subjection, to us, not us to our flesh. Paul says he beat his body into submission, I do it too, and its not easy, but suffering and hardship are good for us (Romans 5:1-5)

Re:, on: 2005/9/8 8:58

Rocklife, as I said on page one, if you've never had what this thread has spoken about, happen to you, you're better off not trying to help.

To call folks who have had or have clinical or general anxiety, the "COWARDLY" of that verse Rev 21:8, is pretty hard, and you don't know that everyone of these people who have posted are very dedicated Christians, Every one of them.

Anxiety can be as medical as ulcers, arthritis, colitis, migraines or any other host of things. It can be neurological in nature, from neuro-toxins that people are exposed to or from extended high-level stress, and several medical conditions that are documented to predispose people to anxiety or depression.

Some of our Christian soldiers over in Iraq are coming home with PTSD and anxiety, but that doesn't make them worthy of having "their place in the fiery lake of burning sulfur."

Your broad brush is only from a lack of research on this topic and your post could be condemning to some, who are innocent of what you think they are 'not' doing.

What I do agree with, is that Jesus is more than able to see us through unto the end, and surprise us with a sound mind at the finish, and ALL the Glory will go to HIM. That in our weakness, HE is made strong, though outwardly we may appear weak, Christ within, will glorify Himself through even the weakest among us who LOVE Him. And knowing those who posted, I know they will be willing to give their lives for Christ, regardless of the anxiety, that even the apostle Paul said he had experienced. 1 Corth 2:3.

Don't think that in the Foxe's book of Martyrs, that some martyrs knees never shook, though they gladly laid their lives down. We don't need confidence in 'the flesh' to get us through, but Faith, in He Whom we'll throw our crowns down at His feet, for good reason. Anxiety can give people stronger faith in the end, then those who trusted in their works.

With all due respect & His Love.

Annie

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Re: Anyone have 'panic attacks'? - posted by Elisabeth67, on: 2005/9/8 9:05

Doug,

I can totally relate to panic attacks. For years i suffered with them, But mostly when i backslid they got terrible.. Went to hospital many times. Was also on xanax yrs back.

Well as i got right with the Lord they had went away, Until last yr. I developed a sudden intense fear of death and God. I felt i had screwed up so bad in the past there ws no way God could forgive me..

I went through months of ABSOLUTE TERRORIZING FEAR. I was afraid to wake up afraid to go to sleep i was afraid of everything.. It was overhwleming. My husband kept saying to go to doctor and get on medicine. I refused because i knew the root of the problem had to be dealt with and not masked with meds... During this time I was literally driven to my knees.. I knew the only place i could find peace was in his presence in his word... I memorized many scriptures. When a panic attack would come everyone got out of my way and i began to quote these scriptures.. every time no matter how Big the panic attack was i could calm down pretty quick... I not only quoted them i believed them. I also would go into worship. No matter how shaky i was or dizzy or heart pumping from my chest i would offer my sacrifice of praise.. and Praise God He always showed up and comforted me... But they kept coming back all last year i was crippled with fear.. It was a vicious cycle.. The very one i was so scared of (Jesus) was the very one i ran to in my fear.

I cant name a time or place but i finally felt forgiven and at peace with God.. But the most astounding thing was what the Lord showed me in all this... In my 18 yrs of being saved i had a besetting sin.. I would fall over and over again , I would be ok for a yr fall again it was terrible.. I wanted freedom from it..

Well needless to say the Lord showed me he allowed me to go thru this fear/

Re: - posted by dougkristen (), on: 2005/9/8 9:10

I agree...

This situation I am dealing with has not made me more "confident", but more dependent on God.

What I am going through for me is 2 part, physical and spiritual. I am doing what I can to work on the physical part throu gh better diet, exercise, sleep, etc. and the spiritual side... more scripture, prayer, fellowship, hearing God.

What I do believe is God is testing me greatly and bringing me in a valley for a reason and part of this is panic attacks. I would not consider myself cowardly at all, but more depeotent on HIM. Do I fail? yes. I have decided not to go the route of medical drugs, but to try natural methods first and God to help me through this. I believe that I have to endure for a w hile here and that is ok! I am learning to trust God, be thankful and have joy in the midst of trials.

Ray Comfort who I trust greatly said that when he first did open air preach he was "terrified". now is that not cowardly? n o, it is trusting in God in the midst of fear.

In Christ,
Doug Renz

Re: Anyone have 'panic attacks'? - posted by GodsPeace (), on: 2005/9/8 9:24

Hi,

This will help for a few people who suffer from panic attacks. I used to have some really miserable panic attacks. Mine w ould come every day and last for hours. I sought medical and alternative medical help. One doctor played a hunch and g ave me a shot of magnesium. I actually felt some relief the next day. Later tests for minerals revealed that I was low in m any. They are essential for establishing electrical pathways in the body, among other things. I am poor at absorbing nutri ents from foods, so daily suppliments are essential for me. You could jump start the process by getting a vitamin mineral drip (IV) at a hospital or clinic. As I said though, this will heip in rather few of the cases. If you feel you are having proble ms due to malabsorbtion or foods it might be worth considering. God's Peace to you - Jeffrey

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Re:, on: 2005/9/8 9:33

Jeffrey, I'm sure glad you added that.
That is one I had forgotten and you are right.

Magnesium is the mineral that relaxes muscles and calcium, is the one that helps us tense them for work. Magnesium is one of the most essential minerals, and very helpful for cardiac and even woman's PMS problems.

The B vitamins are also essential for nerves.

Like you said, it may not be a cure for all, but even like Doug said, it's good to go nutritionally and supplementally, and do that body care. Good advice from you and Doug for everyone at that.

thanks !

Re: - posted by denem7 (), on: 2005/9/8 12:25

wow...these messages help me to know that i'm not the only one that suffers from fear. i've actually gotten mad at myself for fearing. i can think of times when i was sitting in a church group and we all went around stating our name and something about ourself. i remember thinking: "oh my goodness!!!! i'm next!!!!". my heart would race and when it came my turn, i'd nearly faint when i told my name and information. then, after it was all over i asked myself: "why was i fearful? wasn't it foolish for me to be fearful?". yet even if the situation arises again and again, i'm STILL fearful even today. like i said, sometimes i just get mad at myself.

i think that we can overcome it thru prayer (for starters) and thru practice. i think if we practice speaking to small groups of people or expressing our feelings, we'll eventually find a "comfort level". then, of course, we can speak to larger groups and be even more expressive.

i have heard that courage isn't the absence of fear but instead it's "in spite of our fear".

one last note. i have found new comfort in the verse "i can do all things thru Christ who strengthens me". i MUST remember that's it Christ that gives me the strength and words to say. i'm not functioning in my OWN power but instead in HIS!!
! hope this helps somebody! dennis

Re:by rocklife on 2005/9/8 13:08:37 - posted by ellie, on: 2005/9/8 18:59

Quote by rocklife

"But the COWARDLY, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters, and all liars- their place will be in the fiery lake of burning sulfur." rev 21:8

Quote by rocklife

Paul says he beat his body into submission

I think with the terrible scriptures above, that you are best not to comment on this subject.

You are way out of order, you know nothing of these matters. I hope that you never know by having an attack, what this Posting is about.

Your quotes, have not come from God.

I ask almighty God that you will intervene, for each person on this Posting or on this site. Who have experience of these panick attacks, or anxiety.

That as we look to you, that you would reveal to us through your Holy Spirit, that which you would have us know. To be r

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released and freed, from the causes. I thank you that you are teaching us within, to be overcomers. That when we emerge from this, we will have been built up in strength with you. Standing on the Rock.
Through having relied on you daily, having truly lived with 'Great Courage' trusting you.
I thank you Almighty God, for the Love you show to us daily. We know that you will reveal the answers, which will be in your perfect timing. As you know already, when this will be.
I know that you will use all of our experiences, for the good and to further your Kingdom.
Praise be to you and have Mercy upon us, as you hear our prayers.
Worthy art thou, Lord God Almighty. Amen

ellie