

*You are awesome, LORD!*

*How amazing to have a God who knows my needs  
even before I pray. Thank You for hearing the cries of my soul.*

*I've been “missing in action” for a long time, Jesus. This war-like journey with my loved one has left me with many wounds. I've been attacked again and again by deception and fear. I had lost all strength and was - well, I felt alone. My heart ached - my sighs were so heavy.*

*~ Then You answered a prayer I had not even whispered. ~*

*You have strengthened me through those who are fighting battles of their loved-one's addictions. You've comforted me through the encouragement shared by others. Thank You for bringing me along the path of PAL as I travel this journey. Thank You, Father, for Your unconditional love. I know that I am not alone, Lord Jesus. You are here.*

*How grateful I am that through the power of Your Name, Christ Jesus,  
I can pray before the throne of God! ~ Amen*

***Sometimes it's difficult to be real with people.*** You don't know how they'll react to what you share with them. Will they be shocked by your admissions? Will they reject or mock you? Will they betray your secrets to others? If you've been hurt, it can become harder and harder to reveal your heart.

Yet, you can always be open with God because He knows the un-sugarcoated truth - all your hopes, dreams, fears, wounds, insecurities, transgressions, faults - all of it. (Ps. 38:9-10)

Friend, God knows you. And He knows what is going on in you right now. Whatever it is, perhaps you can't share it with others. Whether it's because they just can't understand the stress of your situation, because you don't want to burden them with your troubles, or because you're simply too uncomfortable to share it - you're carrying it alone when you don't have to.

Realize that God loves and accepts you no matter what is going on. He wants an intimate relationship with you. He is eager to show you His presence, power, wisdom and unconditional love in the most difficult circumstances of your life.

Whatever it is that is burdening your heart - give it to God. He already understands your pain and knows how to heal it. Open your heart to Him, confide in Him and trust Him with your most profound thoughts and feelings. You'll see that the Savior of your soul is also the dearest friend you'll ever know.

*~ Charles Stanley*

**~ Psalm 38 ~**

(NLT)

*(9-10) You know what I long for Lord;  
You hear my every sigh. My heart beats wildly,  
my strength fails, and I am going blind.*

*(11) My loved ones and friends stay away,  
fearing my disease.  
Even my own family stands at a distance.*

*(15) For I am waiting for You, O LORD.  
You must answer for me, O LORD my God.*

*(21-22) Do not abandon me, LORD.  
Do not stand at a distance, my God.  
Come quickly to help me, O LORD my Savior.*