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The Naz Prayer Ministry



When I am Afraid

The little boy was asked if he said his prayers morning and night. With the candor of innocence he quickly replied, “Only at night, because I’m not afraid in the morning.”

We know, of course, that we are always to pray. We are to pray when we are filled with joy and awe. We are to pray with thanksgiving. Yet, if we are honest, we find that the fearful times, the perplexing days, and the confusing periods in our lives cause us to pray with a different level of urgency and perhaps even consistency.

Some might choose to be sanctimonious, turn their spiritual noses in the air and with some measure of disapproval decry those who seem more likely to pray when trouble comes or only when they are afraid. Mature believers, some may assert, are not “on-again-off-again” in their prayer lives. They pray “without ceasing,” whether storm or calm.

But we must not miss the real issue here. Those who are afraid, anxious, uncertain, perhaps even those filled with despair are *invited* to pray.

Psalm 50:15 is God’s personal invitation to “call on me when you are in trouble....” The One who “understands our weaknesses and [has] faced all of the same testings we do” (Hebrew 4:15, NLT) extends His grace to provide His peace.

The psalmist focused unapologetically on his times of fear as an opportunity to declare his confidence in God:

O God, have mercy on me,
... people are hounding me
... foes attack me
.. [there are] those who slander me....
But when I am afraid, I will put my trust in you.
Psalm 56:1-3 (NLT)

Our humanity has fear built into it. Our fear reflex signals our need of help.



Calling out to God is evidence that we acknowledge both our limitations as well as His power and grace.

Taking Our Next Step Together

Father, forgive me listening to the lure of the culture to trust my own strength, to think that I am required to be capable of managing every crisis, every unexpected moment, with my own inner resource. I acknowledge that You made me finite, limited. Instill anew within me, the awareness that I am incomplete without You, and that my hope for each day rests in a life of trust that fills me with the tranquility of Your grace.