

- 9) When you pray, be careful that you don't desire to be released from your trial without or against the will of God. Say joyfully, or at least firmly, "If I shall drink this cup, dear Father, let Your will be done."
- 10) Do not for one moment think that you are the only one under great trial. In I Peter 4:12, you learn that such trials are common to Christians, and, in the same Epistle, 5:8-9, that sufferings come upon your fellow Christians who are in the world. When a person begins to imagine that he alone is suffering, or that his sufferings are greater than those of others, it is a sign of secret vanity and self-absorption.
- 11) Thank God for His visitation upon you. Trials and temptations teach us to pay attention to God's Word. Blessed is the man that endures trials (James 1:2, 4, 12). Many a person, if he only knew the great good for him that is hidden under his trials would gladly give up all his days for the joy of them.
- 12) Do not meet the temptations that come your way by doing nothing. Idleness breeds and multiplies many temptations which otherwise would have never come, nor lasted long if they came. Small is the hope for recovery of an able person, if, when his temptations come, he leaves the work of his calling undone or but half done.

- 13) When trials and temptations come your way, don't isolate yourself. Instead, seek the companionship of godly, joyful people. Few people can, without injury to themselves, live constantly in large groups of people. Fewer people yet can live in constant solitude without harm to themselves. God created people for each other.
- 14) Many trials have their origin in an unhealthy body. If, therefore, an experienced pastor advises you to seek the services of a physician, do not neglect that advice. Use the treatment prescribed by the doctor with a prayer for God's benediction upon the treatment.
- 15) Give diligent consideration to these recommendations. Let them guide and comfort you, and may God grant you peace. Amen.

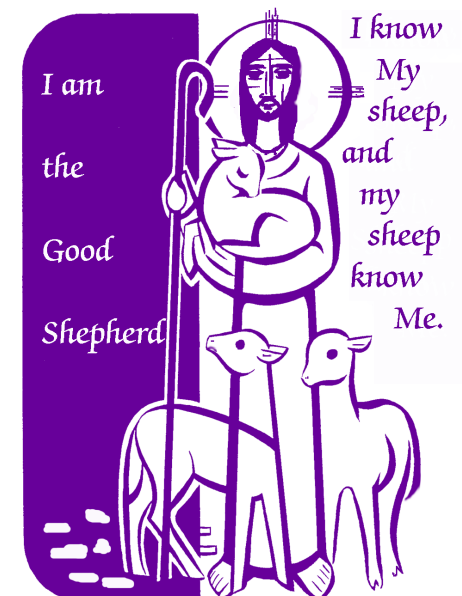
If you are especially troubled, please contact a pastor. See information below.

Contact information for the Church and Pastor:

To learn more about *Seed Grains of Prayer* visit [www.emmanuelpress.us](http://www.emmanuelpress.us)



## Brief Counsel for the Suffering and Afflicted



*"I cry to you, O Lord; I say, 'You are my refuge, my portion in the land of the living.'" Psalm 142:5*



We are assaulted by the devil, the world, and our sinful flesh; our spirits become faint, and we grow weary. Pastor Wilhelm Loehe, a confessional Lutheran pastor in Germany, offers wise counsel when we find ourselves in deep straits and grievous temptation.

In his book *Seed Grains of Prayer, A Manual for Evangelical Christians*, Pastor Loehe provides prayers for every day of the week, the liturgical week, Church year, special occasions and more.

The following is an adapted excerpt from *Seed Grains of Prayer*, pages 87-89. Here Pastor Loehe gives invaluable advice when dealing with temptations and the trials of life.

May it offer comfort and guidance to you.

- 1) Do not keep to yourself, and do not let your feelings control you. Whoever depends upon the feelings of his heart is a fool.
- 2) Do not dwell upon your own thoughts nor sink and entangle yourself in them, for in so doing you throw yourself into the enemy's camp that is besieging your soul.
- 3) Do not keep your sufferings to yourself.

Instead, seek and confide fully and quickly in your more experienced pastor.

- 4) Cling unto the words that are spoken to you in God's name. Ponder them in your heart. Repeat them again and again and direct the thoughts and emotions of your heart to them.
- 5) In particular, don't allow anything to make you forget or doubt these three passages:
  - The word of Isaiah 49:14–16; concerning God's faithful remembrance of us: *"But Zion said, 'The LORD has forsaken me; my Lord has forgotten me.'<sup>15</sup> Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.<sup>16</sup> Behold, I have engraved you on the palms of my hands; your walls are continually before me."*
  - The word according to John 10:28; concerning the security of the soul in the hand of Jesus: *"I give them eternal life, and they will never perish, and no one will snatch them out of my hand."*
  - The word according to Matthew 10:28–31; concerning the security of the body in the hands of Jesus: *"And do not fear those who kill the body but cannot kill the soul. Rather fear him*

*who can destroy both soul and body in hell.<sup>29</sup> Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father.<sup>30</sup> But even the hairs of your head are all numbered.<sup>31</sup> Fear not, therefore; you are of more value than many sparrows."*

- 6) When you are greatly tempted, it is especially important not to neglect the preaching of the Gospel, in which God causes your soul to rejoice.
- 7) Do not neglect to pray, especially if it seems to you as though you are shouldering a load that is too heavy. James 5:13: *"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise."* Especially pray Psalm 51:12–14: *"Uphold me with Thy free spirit (KJV)"* and Psalm 142.
- 8) When you feel as if your courage were at an end, begin to sing Psalms and hymns of confession. This is very offensive to Satan and exerts a wonderful power upon troubled souls. Especially to be recommended are the Hymns of Praise (*Lutheran Service Book*, 790–822). The prayer of praise will often attain what no pleading petition may gain. At times these prayers may immediately draw you out of distress. If you are not able to sing, let others sing for you.