

## “Panic Prayer”

A Lord’s Flock General Assembly Topic  
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Panic is often caused by unthinking behavior. Receiving bad news can naturally cause anxiety: hearing a severe diagnosis from a doctor, catching a spouse being unfaithful, or having a job terminated, can cause us to panic. The disciples experienced panic as well when they were faced with a storm (Matthew 14:22-33). St. Paul was also afraid until God asked him “why are you afraid?” God calmed down the winds and the waves with one command. Just like the apostles, when we are about to go into a desperate or panic prayer, let us remind ourselves that there is someone with us that is greater than any storm. In any situation, we must rejoice in the Lord always (Phil 4:4-5) for we can handle all things through Christ who gives us strength.

1. When we throw up panic prayers, we can be sure that:
  - 1.1. God does not share our panic, because He is in control of the situation.
  - 1.2. God does not get surprised. He knows everything.
  - 1.3. Whatever the situation, in plenty or in want, we must learn to be content (Phil 4: 11-13, 1Thess 5:17).
2. There are 125 messages in the Bible reassuring us not to be afraid, some of them are:
  - 2.1. “Fear not. It is I your Lord.” Let us be familiar with the voice of God. He is the Lord sovereign ruler. When we hear many voices, let us believe the good news, the Gospel, not the fake news.
  - 2.2. The command of God is to love Him first. If we love Jesus, we should love people, which is one of His commandments (John 14:15).
  - 2.3. If ever we have something to fear – it is to fear offending God and not following Him. Whatever situation we are going through, He will lead us to a safe place.
  - 2.4. We should just call Him anytime and He will answer (Jeremiah 33:3).

3. Jesus had a purpose for rejecting the Canaanite woman (Matthew 15:21-28). He wanted to teach the apostles a lesson. She refused to take her eyes off Jesus despite being rebuffed multiple times.
  - 3.1. Jesus ignored her. She kept crying out to Him.
  - 3.2. Jesus did not answer with a word when she came to Him begging. Do we persevere like this woman?
  - 3.3. Jesus denied her racial/spiritual qualifications. His first statement to her was a rejection- “I came for the people of Israel; I am not here for you... (Mt 15:24).
4. Jesus was amazed with the woman’s perseverance. He will be amazed also with us when our faith in Him remains strong.
  - 4.1. Even if He does not answer our prayers right away, we should trust in His power rather than panic.
  - 4.2. We may not understand why God is so silent, but He is in control. He is saying “not now, not yet.”
  - 4.3. We should not let our feelings rule. Faith is not based on emotions. Let us seek Him first, and all things will be added unto us.
  - 4.4. Jesus tests our faith in God. Despite rejections, she was determined to push through. A miracle is going to happen, if we persist and have faith.
  - 4.5. Why doesn’t God always answer our prayers immediately? Because if He does, we will soon take God for granted. The fervent prayers of the righteous are powerful and effective (James 5:16).

### Conclusion:

You and I are like the Canaanite woman. We are undeserving sinners, and yet the Lord died for us (Rom 3:23, 5:6). Let us not walk away; rather, stay in the community where God has planted us, and grow in faith (2 Peter 2:21-22).

**Reflection:** Is there anything you are panicking about right now? Pray, “Lord, help me.”

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