



I'm in deep, deep trouble again. I've cried my eyes out; I feel hollow inside. My life leaks away, groan by groan; my years fade out in sighs. My troubles have worn me out, turned my bones to powder. To my enemies I'm a monster; I'm ridiculed by the neighbors. My friends are horrified; they cross the street to avoid me.

These words are a good picture of what it feels like to "hit rock bottom" - exhausted, hopeless, scorned by friend and foe. This desperate self-description is actually a paraphrase of Psalm 31: 9-11 and the sorrowful prayer of King David of Ancient Israel (The Message version).

Have you ever felt this way? People or things you have depended on have failed you, your expectations have crumbled, who you thought you were or could be has become a quick sand of doubt. What can you stand on when all life's props fall away? When you feel you're free falling fast to nowhere? When you hit rock bottom?

King David called out to his "rock" God. When nothing else came through for him, God was there: **"he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave**

me a firm place to stand."
(Psalm 40:1-2)

The New Testament explains that Jesus is the rock, the firm place to stand on when everything else collapses. When we trust in Jesus and build our life on his promises "though the earth gives way and the mountains fall into the heart of the sea" we will never be left free falling or alone (Psalm 46:2). Do you want the security and significance of having Jesus Christ as your indestructible foundation and refuge?

Have a read of these passages to know more:

- *Matthew 7:24-29*
- *Luke 7:46-49*
- *Ephesians 2:19-22*
- *1 Peter 2:4-8*

Prayer

Dear God, I'm in deep, deep trouble. I've cried my eyes out. I feel hollow inside. Turn to me and hear my cry. Show me Jesus Christ is a firm place to stand on. May I build my life on his rescue and promises. Amen.