



A THERAPIST'S PRAYER: 2020

BECKY FRIESE

It's getting ugly out there
Battles and squabbles and fights
Riots, racism, power plays
Political venom and spite

Financial ruin, virus among us
Science on either side
Soundbite wars and dueling memes
Hurt feelings and pride

I face the emotional toll
The panic attacks and fear
Lost dreams and anxiety spikes
Flares of anger and despair

Parents at loss for what to try next
Teens stressed out and alone
Couples trapped in repeating loops
Kids confused in their homes

Day in, day out I hear of distress
Distrust, grief and defeat
Such a struggle to make sense of it all
When chaos seems to repeat

It's a broken world with broken people
And I'm messed up myself
You see my margins wearing thin
It's getting ugly – send help!

I take a deep breath and still my soul,
None of this is new
The human condition for generations:
Fallen, yet loved – it's true

My heart lifts as I sense your presence
I may be a mess, but I'm yours
This bent world's the one you bled for
You hold our battered souls

Redeem now, Lord, these perilous times
Bring good from evil I pray
Give us all a humble heart
And let your love lead the way.

I wrote this poem on a day when I was feeling worn out. As a Marriage and Family Therapist, I've seen up close the toll that the stresses of 2020 are taking on people. It's easy to get discouraged when we see the brokenness of the world around us, and the harm it causes people. It's also discouraging to see ugliness and sin – not just in others, but in our own souls too.

If you are in that boat – weary, discouraged, grieving – take heart! God sees us. He knows us. He loved this broken world so much that he sent his Son Jesus to save us (**John 3:16**). He knows we're sinners, and died for us anyway (**Romans 5:8**).

God didn't call us because we were so wise and put together (**1 Corinthians 11:26-27**). He calls the weary and the weak, the stressed out and the sinner, to turn to him for strength and grace and salvation. May this poem remind us of these truths.



Becky Friese is a beloved member of the Redeemer Church family. She and her husband serve the Lord by counseling others through Restore and Rebuild Ministries. They have recently entered the joy of being grandparents and are loving every second of it!