



# Watchman Prayer Alert

On your walls, O Jerusalem, I have appointed watchmen; All day and all night they will never keep silent. – Isaiah 62:6

## An Exercise of Faith

“Houston, we have a problem!” The dreaded hail echoed through the Mission Control Command Center. Then, the details followed.

“The robot launched into orbit was designed to work with the Plymouth class control center. The robot is now in position, and from the current video feeds, it appears we have a Zenith class mother board. How similar are the operational controls?”

“Commander, all the controls appear to be in the same position, which allows the robot to execute its program, but there is no telling if the internal wiring also parallels the Plymouth class. There is just know way to determine what the outcome will be, because each system is unique.”

Mission Control continued, “The robot will solve the immediate crisis for which it was sent. However, there is no telling what the possible repercussions are of running the algorithm on a different motherboard. We could experience unintended consequences.”

“Understood, Mission Control. Do we have options?”

“No, sir. Commander, you are authorized to proceed with caution. We will hope for the best. Experts here feel that any issues should rectify themselves in a short period of time. We will deal with any side effects one by one. Let the robot execute its program, and then extract it as planned.”

Little did the operator know that the robot designed to heal the damaged space center, also carried programming that would cripple the Zenith’s operating system.

It drained the processor with extraneous computations and brought the reserve power dangerously low. Would Houston be able to shut down the offending algorithms and restore battery power? How long would that take?

## ***A Struggle Ensues***

Have you ever felt like the crippled space center? Something outside your control has gone awry and you are trapped, hoping for a speedy resolution? Perhaps you have a child making poor choices. Maybe you lost your job when the company downsized. It could be that



you got a diagnosis you didn’t expect. For me, I’m having some side effects from the anesthesia used during my recent surgery. The body is healing, but my little brain is struggling with exhaustion.

During this adventure, I have boosted my supplements and been faithful with my low impact exercise. I watch my diet, get plenty of rest and manage my stress levels. I feel like I’m winning the physical battle, but I’m struggling with the mental and emotional skirmishes.

So, the last few weeks, I have been intentional to meditate on those scriptures that talk about clarity of mind and emotional stability. What follows is specific to my situation, but with a little creativity, I believe you could adapt it to your own circumstances. I encourage you to choose scriptures that speak directly to your own needs and personalize them in a similar way.

I give you fair warning that some of what follows is not scripture per se. It may even be too much of a stretch to call it my own paraphrase. It is simply my method of praying the scriptures, believing for my total restoration of mind and body. The table shows a scripture passage, along with my own ruminations as I ponder them.

These meditations have become my prayer and provided a basis for mastering my thoughts in a turbulent season. I am confident that this situation has not escaped the notice of my Lord. This condition is temporal, even if it turns out to be life-long. I must trust that He has a plan for this time, too.

	Passage	My Thoughts
	If I say, "Surely the depression will overwhelm me, and the light around me will be night," even the depression is not dark to you, and the night is as bright as the day. Darkness and light are alike to you.	Jesus, even when all is dark for me, it doesn't affect You. It is not dark to You. I just need Your perspective, because You see through my darkness.
Psalm 139:11-18 (My own adaptation)	For you formed my brain, my emotions, my temperament, my belly, my heart and my gall bladder. You wove me in my mother's womb. I will give thanks to you, for <b>I am</b> (not was) fearfully and wonderfully made.	Lord, You said I AM made. That implies action currently happening. It doesn't say I WAS made. I trust that I AM being made new and whole today. And, all Your works are wonderful.
	Wonderful are your works, and my soul, not necessarily my emotions, knows it very well.	My mind knows that all Your works are wonderful, and I am one of those creations. My heart knows, even if my emotions are confused. I will trust You.
	My frame was not hidden from You, when I was made in secret, and skillfully wrought in the depths of the earth; Your eyes have seen my unformed substance and in your book were all written the days that were ordained for me, when as yet there was not one.	As my Creator, You know my delicate constitution. My reaction to pharmaceuticals is no surprise to You. You counted all my days, even before I was born!
	How precious also are your thoughts of me, oh God! How vast is the sum of them! If I should count them they would outnumber the sand. When I wake up from anesthesia, I am still with you.	God, You have thoughts of me! And, it is not just one or two. You have many thoughts. Many, many thoughts of me. I cannot quantify the number of thoughts You have about me. Even during surgery, even through the pain, You think of me. I am not alone. I must trust You to carry me through the trial.
Phil. 4:6-7	Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God, and the PEACE of God which surpasses all comprehension will guard your hearts and your minds in Christ Jesus.	Prayer and thanksgiving go hand in hand, and prayer is the key to the PEACE of God that guards my mind and my heart. I will start a new log of the reasons I am grateful and use that as a basis of prayer so that God's peace will protect my mind from the physical and emotional stressors that bombard it daily.
Philippians 4:8-9	Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence or anything worthy of praise, let your mind dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of PEACE will be with you.	Good thinking, godly thinking brings peace of mind. Lord, help me meditate on what is true and noble, the things of the Kingdom, so that I will experience the PEACE that comes from You.
1 Cor. 2:15-16	But he who is spiritual appraises all things, yet he himself is appraised by no one. For who has known the mind of the Lord, that he will instruct Him? But, we have the mind of Christ.	Jesus has a sound mind, and I have the mind of Christ, which is able to comprehend spiritual things. With the mind of Christ, He can communicate directly with my spirit. The thoughts in my spiritually alert mind are His thoughts. God, grant me the mind of Christ to instruct me throughout the day and night even when my physical mind is exhausted.
2 Tim 1:7	God has not given us a spirit of fear, but of power, love and a sound mind.	God, You has given me a strong mind, and fear is not from You. Help me to walk in the power and love and sound mind you gave me.

	Passage	My Thoughts
1 Pet. 1:13	Prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.	Father, help me keep my mind active and exercise it. Let me not allow my spirit to get emotional. Remind me of our future hope and that this trial is ultimately temporal.
Job 38:36	Who has put wisdom in the innermost being or given understanding to the mind?	Who am I ultimately counting on? What is my source? Who created my mind? Who preserves it? Who can eliminate affects of anesthesia? O God, You overrule surgeons, drug reactions and side effects.
Psalms 31:14-15	As for me, I trust in You, O Lord. I say, "You are my God." My times are in your hand. Deliver me from the hand of my enemies [the doctor's drugs within me] and from those who persecute me [all their side effects].	You are the author of my days. The enemy cannot touch my mind without Your consent. I will trust You for complete restoration.
Rom 8:6	The mind set on the spirit is life and PEACE.	I choose my focus. Father, please help me set my thoughts on heavenly things, so that I will experience contentment and the Your peace during trials.
Romans 12:2	Be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good, acceptable and perfect.	Lord, You makes all things new, and You renew my mind. Perhaps this is a time for pruning. Renewing the mind or restructuring my thought pathways may be exhausting, but I trust that You are at work in the midst of it.
Eph 4:23f	Be renewed in the spirit of your mind, and put on the new self which in the likeness of God has been created in righteousness and holiness of truth.	Lord, renew the spirit of my mind, that the new me will more accurately reflect Your righteousness and holiness.
Jms. 1:5	But if any of you lacks wisdom, let him ask of God who gives to all generously and without reproach, and it will be given to Him.	God, please give me wisdom. Heal my mind and body. Restore my neural pathways and grant me clarity of thought and freedom from fatigue.

## Conclusions

Though right now I feel like an old cell phone battery that will not hold a charge, I know God is healing me. I get stronger every day. I am anxious to return to my normal routines with a healthy energy level, but this mental and spiritual exercise helps me walk through this process in faith until that happens.

If you are also struggling with life's trials, my prayer is that you find encouragement in scripture to keep your mind fixed on our only true Source. Find the scriptures which speak to your experience. Write them out and record what they mean to you. Rewrite them in your own words. Review them every day. The Word of God is powerful. Just see what He will do for you.

One last time today, I take a few more liberties, and I leave you with my last meditation based on a familiar passage.

## Prayer Based on Psalm 23

The Lord is my Great Physician, I shall not despair.

He maketh me to rest on my bed, He leadeth me through the exhaustion.

He restoreth my cloudy brain, He leadeth me in the path of righteousness for His name's sake.

Yea, though I walk through the fog of anesthesia, I will fear no long-term damage, for Thou art with me.

Thy rod and Thy staff, the comfort me,

Thou preparest a future before me in the presence of my wandering thoughts; Thou annointest my head with clarity, my joy runneth over.

Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.

