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## Cast your cares on the Lord and he will sustain you

(Psalm:55.22)

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**Take my sorrows away**

### „Freunde des Wortes“

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Dear friends of the word,

A proverb teaches us:” You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair!” How can we learn to deal with our sorrows in a such a way that they don't start taking over our life?

St Luke the evangelist tells a story about two of Jesus' friends who, after his death, were almost drowning in their sorrows. They leave Jerusalem where Jesus – their source of hope – has died. On their journey they are telling each other about their grief. This lamenting – rather than being helpful - drags them even deeper into the darkness. 'Coincidentally' a stranger joins them. He starts to asks questions. “What are you talking about?” They react with annoyance and ask him if he's not aware of the events in Jerusalem. The stranger keeps asking: 'What are you talking about?' They start talking – about their hopes and dreams, their disappointments and despair. It felt good to be able to say all these things. They lifted their gaze and suddenly understood. In this 'stranger' they'd encountered God himself. He had taken their sorrows away- by asking 'annoying questions'.

Dear friends of the word, let us help each other to ensure that sorrows don't build nests in our hair. Just a simple question - maybe even asked half jokingly – can tempt the sorrows from our heart: “Oh, I'm sure you used to have less wrinkles on your forehead.” If we help each other to talk about our sorrows; then Jesus is with us and we can therefore throw our sorrows upon him. He is yearning for your sorrows. He wants to see you happy. Therefore we can ask him: **Take away my sorrows!**

for the OnWordTeam

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