

# Trapped

Lost...broken...scared...restless...depressed...unknowing...alone...

This is what it is to feel trapped. There is no worse feeling, no greater fear, than experiencing all of these emotions at once, all tangled together you can't even begin to sort them out. Not knowing where to start, how to begin, or where to search for the answers, can be the most frightening thing that one can experience... and we all experience it.

It's never just one thing at a time, it's everything all at once and yet more continues to pile upon our shoulders: The weight of the world...the weight of expectations...the weight of sin. The more we feel weighed down, the more we feel trapped and without hope.

We've all heard it said, just have faith and faith will see you through, so what do you do when it seems all faith is dead?

**"Come to me, all you who labor and are burdened, and I will give you rest."**

**Matthew 11:28**

The most comforting aspect of God's love is that even when it seems that all faith is gone, God's love is stronger than even the death of faith. It takes faith to believe, but it first takes love to have faith.

**He goes, He searches. He is a God who searches: He searches for all those who are far away from Him, like the shepherd who goes to search for the lost sheep." Pope Francis**

God never wants us to experience the feeling of being trapped; He wants our souls to experience true freedom. Freedom that can only be found in the mercy of His love. Often times it's in hitting rock bottom (feeling totally trapped) in order for us to open our hearts to God.

**"I got lost, but look what I found." Irving Berlin**

God's love is there for us always, not distant for those who called themselves Holy, but for those who need it most: Those who are trapped by the chains of addiction; those who feel alone and scared; those who have never known the kindness of another person. Cry out to God all who are trapped and He shall console and nourish every soul.

*Father, in the name of Jesus, make me whole & heal my soul.*

*Heal the brokenness and doubt, all bitterness and despair.*

*Pour out Your love upon my soul, cleanse my heart from the burden of sin.*

*Free me from the emptiness of this world, and create in me a fire burning bright.*

*Renew the purpose of my existence and lead me always in the ways of truth.*

*Protect me from the snares of lies and keep me humble all my days.*

*May I ever feel Your presence near, when faith is failing and strength is gone.*

*Lift me up and hear this my prayer.*

*Amen.*