



# table talk

2/15/26

*Psalm 131:2 The Message:*

*"I've kept my feet on the ground, I've cultivated a quiet heart. Like a baby content in its mother's arms, my soul is a baby content."*

I knew when I stepped aside as Lead Pastor that much of my new assignment from the Lord would be intercession – some of it prophetic intercession. I've had some incredible downloads along those lines, and I have done my best to pray about each one. But I need to be honest with you. Much of the time, I have felt overwhelmed, even exhausted. It took me months to admit it, but I can't keep up. I thought maybe it was age, an untested schedule, or lack of planning a new routine, but as I took it to God I began to see that I wasn't deficient for the task. I wasn't lacking in diligence – in fact I was being too diligent!

I have other responsibilities of course – my wife, my children and grandchildren, family, friends and worship. I feel called to write also, but no matter how I shuffled the deck, I realized I simply couldn't do what I planned. So, I tried harder. I criticized myself and resolved to do better.

**Not too long ago, I was reminded of something I already knew. "My yoke is easy, and My burden is light." When God commissions us, He also provides what is necessary to complete the task including matters of time and strength.**

Quite simply, I can't pray about everything. I monitor our church, our nation and the world. That's good, and it gives me a sense of what is going on. But some things are short-term prayer assignments. Others are seemingly without end. Some are for jobs, businesses, individual people, families or even a household pet, while others are fights with demons and principalities. Some assignments are for the survival of our nation and some are for the persecuted church around the world.



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So, I am finally learning to follow prayer assignments from Holy Spirit. I'm learning to reject guilt and condemnation and to put criticism in its place. I'm learning to put being in His Presence first so I can know Father's Heart and His plan for my part in intercession.

## **I am learning to be a Content Baby.**

If you are feeling overwhelmed or hopeless, maybe this prayer will be a start on your journey to meaningful service. Douglas McKelvey gives us this powerful prayer he calls "A Liturgy For Those Flooded by Too Much Information."

*"In a world so wired and interconnected, our anxious hearts are pummeled by an endless barrage of troubling news. We are daily aware of more grief, O Lord, than we can rightly consider, of more suffering and scandal than we can respond to, of more hostility, hatred, horror, and injustice than we can engage with compassion.*

*But you, O Jesus, are not disquieted. You carried the full weight of the suffering of a broken world when you hung upon the cross, and you carry it still.*

*Give us discernment to know when to pray, when to speak out, when to act, and when to simply shut off our screens...casting the burdens of this world upon the strong shoulders of the one who alone is able to bear them up. Amen."*

I love you,  
**Pastor Stephen**