

My prayer for Myanmar

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Watching the TV news I feel numbed at the devastation in Burma. My heart goes out to the thousands of people who have lost everything and whose military junta seems unprepared to handle the magnitude of this disaster. What can I as one person do from this distance? How can I help?

Prayer helps those in distress

During the night as I wrestle with the distressing visual images coming out of Rangoon, I realize that the best way I can help right now is to pray. I know that love-filled prayer is effective in bringing hope to desperate situations, comfort when sorrow is greatest, and advancement toward solutions. Distance is no obstacle to love-motivated, healing prayer. Such prayer can result in each person experiencing the love of God right where they are. Why? Because God cares for all of His children—each man, woman, and child is precious to Him.

God's wisdom is at work, guiding those in decision-making positions.

And He has promised us His comfort in times of trouble. The Bible reminds us of this, "As one whom his mother comforteth, so will I [God] comfort you." We can rely on this promised calm and support, even in the most dire situations. The love of our Father-Mother God is ever-present. God is tenderly sustaining each person, providing reassurance and consolation.

Prayer for wisdom

As relief efforts shift into gear, I am prayerfully affirming that God's wisdom is at work, guiding those in decision-making positions. In Proverbs it says, "For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding." This means that there are no barriers to divinely directed solutions. Answers exist, and the courage, love, compassion, and dignity of all those involved will allow aid workers to reach survivors with much needed relief.

I'm trusting God to guide and govern the thoughts of those providing aid as well as those in charge of receiving it.

As the world stands ready to help, fear and mistrust on all sides can be put aside to achieve the greatest good for people suffering hardship. God has made His people trusting and trustworthy. That is their *real* natural instinct. That's why I'm trusting God, the divine Mind, to guide and govern the thoughts of those providing aid as well as those in charge of receiving it.

What can you and I do to bring hope, comfort, and healing?

No matter where we live we can do a great deal to help in this crisis. As I continue to follow the news, I'm maintaining my faith in divine Love's immediate provision for each person. I'm not letting the magnitude of this problem overwhelm my prayers. Instead, I'm affirming that God's help is available to everyone, right here and right now.

Prayer is effective

Praying for others caught in this disaster has an effect. To me, it's like a pebble you drop into a pond. The pebble doesn't sink out of sight and have no effect. Even the tiniest pebble sends out ripples. In the same way, I like to think that every prayer right now for the people of Myanmar sends out ripples of good. As a New Testament writer affirms in James 5:16, "The effectual fervent prayer of a

righteous man availeth much.” With this in mind, our prayers can lead to every need being met in the right way, at the right time.



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Science and Health with Key to the Scriptures by Mary Baker Eddy, is her textbook on Christian Science healing practice and her class textbook in teaching Christian Science healing.

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Effective prayer:

Science and Health:

494:10-11

406:1-6

King James Bible:

Isa. 66:13

Prov. 2:6

James 5:16