

*Praise the Lord:* Let us pray.

**Psalms 34:6**

**This poor man** cried, and the LORD heard him, and saved him out of all his troubles. (KJV)

In other versions:.. This **poor man** ...(NIV) In **my desperation.....**(NLT)

The **helpless** call (GNB) This **afflicted one** (Darby)

*Please note the meaning of the word "poor" in this verse.*

Meaning for the Hebrew word used for "poor" in this verse (Web reference)

- 1) poor, **afflicted**, humble, **wretched**., a) poor, needy., b) poor and weak
- c) poor, weak, afflicted, wretched., d) humble, lowly

*Just for you to think.....Many times .....our small effort will make a good outcome.*

For example:

If we put few coins which we may just get it during shopping, etc...over the year,  
We may get some money which may be good enough for some charity. This small amount may be a considerable one time help to some one don't have the facility or comfort what we have. In case if we don't do this small collection, that amount may as well mix with our daily routine expenses which we may not even realize that amount.....

So we know this little help we can do, but many times this is ignored by all of us.....

weather we do this little saving or just spend it, it does not make a big different in our daily life

But this little saving make a good different to those who suffer more than us.

Can we say we are lack of doing something good even if we realize.?

*We are such a poor human in our ability!*

Let us see one New testament word now....

**Romans 7:24**

**O wretched man that I am! who shall deliver me from the body of this death?** (KJV)

Other versions: What a **wretched man....**(NIV) Oh, what a **miserable person** I am! .....(NLT)

**O unhappy and pitiable and wretched man** that I am! (AMP)

*Please note the meaning of the word "wretched" in this verse.*

**Wretched:** (from English-English Dictionary)

1. in poor or **pitiful circumstances**.
2. characterized by or causing misery.

Meaning for the Greek word used for "wretched" in this verse (Web reference)

- 1) enduring toils and troubles,
- 2) **afflicted, wretched**

*Just for you to think:...* Many times.....even if we want to do something,  
we may not be able to do it practically in our life situation.

*For example:*

We may be wasting some amount of water during our regular day to day activities.....

We know ...in some part of the world, many are suffering to get even little bit of good water.

When we wake up in the morning, you go open the tap in the sink and find cold water comes first. What we do? Just let it go to drain... (OR) When some one brush the teeth....may left the water open all the time even when it is not needed.....

Can we do some thing about these things. May be or may be not....

It depends how much we feel important (or) feel to take some extra effort on ourside. (or) It sometime is not possible to do anything practically.!

*O wretched man that I am!*

**Please read: Romans 7:18,19. James 4:17 and Romans 7:25 & 8:2**

This **poor man** called, and the LORD heard him; he saved him out of all his troubles.  
*with this faith...*

I thank God **through Jesus Christ** our Lord.  
*and follow HIS instruction...*

**..the law of the Spirit of life in Christ Jesus** has made me free from the law of sin and death.

**Let us pray**