

Remembering GOD'S CARE AND MERCY

“FOR YOU HAVE DELIVERED MY SOUL FROM DEATH,
MY EYES FROM TEARS, MY FEET FROM STUMBLING.” PSALM 116:8

Four years ago, on 2 May 2016, my husband suffered a heart attack and had 5 stents inserted into his arteries. But the miracle of it all was that despite its severity, he suffered zero damage to his heart muscles because the intervention was so fast.

So many things “happened to be”: it was the best day to have a heart attack, if ever there was one! He had just returned from remote Cambodia building houses a few days ago (if it had happened there, then he would probably have died); it was a public holiday, a Monday after Labour Day and we happened to be at home (what if he had collapsed in his office alone?); and when he came back from the playground with our son and his friends feeling unwell, thinking it was heartburn, something got me saying ‘let’s just go to the hospital 5 min away in case it’s heart related since you recently got diagnosed with high cholesterol’, because the paramedics would have had to struggle to carry him down (we have no lift) if he collapsed. I have no idea why I had suggested that then, I have never encountered symptoms of a heart attack.

On hindsight, it was just the prompting of God.

With my then pre-schooler son in tow and all of 32 weeks pregnant, I drove and he walked upright into A&E and got put immediately on an ECG. Before I could finish up admissions, the cardiologist was in and within the hour the procedure was done. Since then, my husband has become healthier, he’s lost 25% of his weight and many of his metrics are as good as a person without heart disease.

I am grateful to God for His care and mercy and remember this on the 2nd of May, every year. If my

husband had died, my daughter would never have known her father (if she as a foetus survived the grief) and I would not know how my son would have been. I am sure I would not be doing what I am doing today.

As I remember this, I am also reminded to cherish him and each of my family and extended family and friends; and to let go of the things and anxieties of the world that can weigh so heavily and take me away from them, and from joy and peace. Thank you, God.



Chuin Ting with her family

PRAYER:

DEAR GOD, THANK YOU THAT IN SICKNESS AND IN HEALTH, IN WEAKNESS AND IN STRENGTH, IN LIFE AND IN DEATH, YOU ARE SOVEREIGN AND YOU ARE LOVING. HELP US TO REST IN YOUR CARE, GRACE AND AMAZING PLANS, SO WE MAY EXPERIENCE JOY AND PEACE NO MATTER WHAT HAPPENS, KNOWING THAT YOU ARE ON OUR SIDE AND ACT FOR OUR GOOD. IN JESUS' NAME, AMEN.