Decades ago, a pastor surveyed a war-torn city and asked his congregation a stark question: **“To drink or to pray: that is the question.”**

He wasn't just talking about alcohol. He was talking about how we handle the anxiety of trying to control a world that is completely out of our control.

For law enforcement officers, that question is a daily reality. The constant vigilance, the trauma you witness, and the heavy responsibility make it easy to learn how to "drink." We numb out. We scroll our phones endlessly, work too much overtime, or build emotional walls to keep the job at a distance. We know how to numb, but do we know how to pray?

The way we pray becomes the way we live with God. When Jesus taught his disciples to pray, he gave them a practical way to depend on God. First, we remember God is our Father. You don't have to carry the weight of the world alone. Second, we ask for exactly what we need today—just enough strength for this specific shift, the ability to let go of bitterness, and rescue from the very real evil you confront on the street.

Jesus also showed us how to pray when the pressure is overwhelming. In Gethsemane, he followed a direct, honest pattern you can use anywhere:

- **Name the feeling:** "God, I am exhausted and angry."
- **State the desire:** "I want this call to go smoothly."
- **Declare trust:** "But I trust you. Your will be done."

Before you go home today, you have a choice. Will you numb the stress, or will you talk to God? To drink or to pray: that is the question.

Bill Gorman, #6858
KCPD Chaplain
816-809-2363