



Praying the Psalms

A prayer based on Psalm 86 *By Sheila Lutz*

Are you listening, Lord?

Spend some special time with me today — please.
I need You this day. I need to feel Your love surround
me. Answer me, for even in the seasons of celebrating
Your Son and new beginnings, I feel needy.

My soul yearns for Your energy and Your Spirit.
I mourned with two different friends whose
spouses went to live with You. I spoke with a
friend whose cousin has inoperable cancer. I
worshipped with Your people while one youth
shot another ten miles away. I held my sobbing
child when her aged dog, who was growing
more ill each day, had to be put to sleep. My
granddaughter's best friend just moved away.
And the busy-ness of life lets me make excuses
not to exercise and eat as I should.

Some trials seem to come out of the blue; some
come out of my own sinfulness; some happen
each day even to me, one of Your people. I
feel alone and bereft — lost. When one thing
happens, I trust in You. But when trial upon trial
comes, are You saying, "Will you trust Me this
time? With even this trial? With all of your trials?"

Sometimes I forget to be grateful to You for
being my God in whom I can trust. Why do I do
that? I know it's not the right thing to do, but I
still forget! Forgive me, O Lord. Gladden the

heart of this, Your servant. Thank You for being so
gracious to me — for forgiving me — for loving
me — for showing me Your favor. There is none
like You, O God.

You are so good. Your grace and Your steadfast
love abound to me. You see me as I am, and You
love me, Your created child. Thank You for hearing
my prayer. Thank You for being the God I can call
upon in the days of my troubles, in my sleepless
nights, and when the troubles of Your people
overwhelm me. Thank You for Your Word, which
revives my soul. Thank You for being there for me
and hearing me. You do answer me. You will lift
me up each time I need You — even when I don't
see the problems coming.

Set my feet upon Your path for my life, dear
Father, that I may walk in Your truth. Set my
mind — and keep it set — on Your Word. Set me
to respond in faithfulness, with self-control, as
Your child and as the temple of Your Holy Spirit.
When my wayward heart would stray into doubt
and fear, You will deliver my soul from the pits of
depression in which Satan would have me dwell.
You strengthen my soul.

I will ever thank You, Lord, for turning to me and
comforting me. I will sing praises and glorify Your
name with my whole being, for You are the God
who loves me — my God in whom I trust. **Amen. Q**

btw is the
acronym for
"by the
Way (Jesus)."
It sets the
tone for the
current issue.