



Praying the Psalms

A prayer inspired by Psalm 141 *By Sheila Lutz*

O God of all Creation, sometimes I look at this world, and my heart is stricken by what I see. We are Your creations, but what are we doing to Your creation?

As a whole, we are often an unkind, unloving people. I hear gossip at church. The service person on the telephone is curt and rude and not helpful at all. Lies are told in the news so often that I don't know what to believe — or whom to believe.

Sometimes, my children come home with unkind thoughts, words, and actions. Someone, today, will leave the church because another hurt her feelings with unthinking words or because each of them thinks she is right.

Some coworkers and those in government think that freedom of religion means that they can chastise me — criticize anyone — for believing in You. They want respect for their right to think but don't respect mine. Social media, which should bring people closer together, is used to vent anger and venom against others. Too many hearts are closed to loving our neighbor, and too many of us are just plain arrogant, belittling, or ignoring others while failing to see our own sin.

Help! This sinful world is overwhelming at times, but You are there. You are here! I need You every hour, gracious and merciful God. Keep me from the trap that others set for me and from the snares of falling in with those who speak evil — who would send me into conversation and arguments that lead my heart and my voice away from You.

I want to think and speak and act and be Your child — in every fiber of my being. I want to show others that You are good — that Your people are good because of You.

Give ear to my prayer. Set a guard over my mouth. Do not let my heart incline to any evil — to busy myself with wicked deeds or idle gossip. It's too easy to fall into juicy gossip or angry thoughts against someone who has defamed me. I know that I, too, can be led down that wrong path. My prayer is continually against this evil. You have given me Your Word as my weapon and my faith as a shield. I will be strengthened by Your Spirit and meditate on Your Word day and night.

Let me speak Your promises aloud when I am assailed and buffeted. Calm this storm. Part the wild waters, and hold out Your hand. Your Word is Peace. Your Word is Truth. Your Word is Life. Your Word is Love.

You are here in the midst of our sin — in the midst of my sin. You have cleansed me. I live forgiven. My eyes are toward You, O GOD, my Lord; in You I seek refuge. I delight in Your Word.

You have told me that I am Your child — the apple of Your eye. I know You will not leave me alone or defenseless! Blessed are You, O my God! I will be satisfied with You! Amen. *Q*