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LUTHERAN WOMAN'S QUARTERLY (USPS 322-660) is published quarterly — spring, summer, fall, and winter — by the Lutheran Women's Missionary League of The Lutheran Church—Missouri Synod, 3558 S Jefferson Ave, Saint Louis MO 63118-3910. Periodicals postage paid at St. Louis, MO, and additional mailing offices: Canada #R129889093. **POSTMASTER: Send address changes to Lutheran Woman's Quarterly, 801 Seminary Place, Suite L010, Saint Louis, MO 63105.** Annual subscription rates: 10 copies or more to one address, \$5.00 per year; individual subscriptions (paper and/or electronic), \$6.50 per year. Single issues available for \$2.00 plus postage. Call office. (Available in Braille, large print, or on cassette tapes, free from Lutheran Braille Workers, P.O. Box 5000, Yucaipa, CA 92399, 800-925-6092). Unless otherwise noted, all Scripture references are taken from the Holy Bible, New International Version (NIV). Copyright © 2010 by International Bible Society. Used by permission of Zondervan Publishing House.

Praying the Psalms

By Sheila Lutz

A PRAYER BASED ON PSALM 88

O Lord my God, I'm lost.

I feel like I'm in a pit from which there's no escape. My soul is full of trouble, and I feel life isn't worth it anymore. I know You are the God of my salvation, but I feel utterly alone. I know You cast my sins as far as east is from the west, but everywhere I turn, my sin is ever before me — and before others too. They taunt me and remind me of my sin. They wag their finger at me or talk behind their hands as if they glory in my shame.

Is there no way out?

The only people here who pretend to love me are the ones who have to love me — my family — and even most of them are embarrassed by me and my lack of fortune, my lack of social skills, my lack of promise, **my lack ... my lack ... my lack ...**

I have nothing to offer — no strengths or gifts. Day and night I am weak and weary. From my youth, You have told me that You love me, but, if that is so, and what You make is good, why don't others see good in me? Why don't I see the good in myself? My mom and dad try, but I wonder if they, too, would be better off if I weren't here to be a burden to them. What do I do now, Lord? Is this the kind of life You want me to live?

Can You hear me, God?

I don't know what to do. Who will comfort me in this wretched life I live? Who will pray for me? The weight of it all presses down on me like a flood sweeping the life out of me.

I come to You in prayer.

I'm seeking You, God, but I feel my seeking is like one going blind. I see less and less of You and less and less good in me ... in others ... in the world.

You've worked wonders for others.

Can You work one for me, please? I want to sing Your praises to others, but how can one so forgotten and lost show her praise? O Lord, what can I do?

O God of my salvation, come quickly to help me!