



PRAYING THE
Psalms

BASED ON PSALM 71 *by Sheila Lutz*

O Lord,

sometimes I'm afraid. I'm afraid I won't say the right words at the right times. I'm afraid my words aren't enough to be a comfort or an encouragement. I'm afraid that what I have said will make me sound foolish or offensive. I'm afraid I will be talking when I should be listening.

Why do I fear? You are my Rock; You are my Refuge. I should never be afraid because I can continually come to You.

When my words are not enough, Your Word is. When I am afraid to speak, remind me that You are my Redeemer. When I am talking instead of listening, put blessings in my lips and knowledge in my heart to be still before You, O Lord. Do I trust You to be Who You are — even with my words? You created a pure heart within me; let my words flow from there. When Satan gets a grasp on me and my mouth, and I would say the wrong things — when Satan gives me the words that would shame You or harm others — put a watch over my mouth and send Your angels to protect me.

I read once that a wrong word is like a wild animal — once loosed, it cannot be contained again. Words can prowl and attack and devour. Words are that powerful! But I know that good words are that powerful too. Your Word has great power! Words can make the heart rejoice, the feet dance, and the mouth laugh. Good words can take over my life, for Your Word is my life.

You are never far from me, and You will not forsake me. I will praise You and rejoice. I will put my hope in You and study Your Word and learn of You, for You will put wisdom in my heart. Out of Your heart, the good words come.

Praising You will help keep me from letting anger overtake the words of my mouth. Blessing people and things in my life will lead me to look for the good in my life and will build up those around me. Speaking the truth in love will bring honor and glory to You and to the name which I bear — Christian. I will trust in You and do good and will see the desires of my heart — of Your heart — come into my life.

Be with me each day that is a trial. Be with me each day that is a joy. Be with me as I learn to see the days of trial as days of joy — regardless of the trials that come.

In my life, You have given me days of calamity and days of peace. You have given me days to speak and days to be silent. Give me the right words to say and the wisdom to know when to speak and when to be silent.

When words don't come easily, I know You will comfort and revive me as You have before. I know You will put Your song into my heart. I know You will lead me when I speak with others. I know You will give me words to comfort and encourage — just as I have been comforted and encouraged.

Thank You for all You have done for me, my Faithful God. Thank You for the times You give me the right words to say and for being there to help me and comfort me when I'm at a loss for words.

I can sing and smile and shout and praise — without fear of being foolish, without fear of being disappointed, without fear of being shamed, without fear of saying the wrong word.

My voice, my soul, my body, and my spirit praise You, the Giver of all right words.