



# PRAYING the PSALMS

by Sheila Lutz

BASED ON PSALM 55

**YOU HAVE GIVEN  
ME A PEACE  
IN THE MIDDLE  
OF THIS BATTLE  
— A PEACE THAT  
I DON'T EVEN  
UNDERSTAND.  
I PRAISE YOU  
FOR THIS PEACE  
WITHIN ME  
FOR YOU ARE  
MY PLACE OF  
SAFETY — EVEN  
AS THE BATTLE  
RAGES ABOUT ME.**

**HERE IT IS AGAIN, LORD** — just when I thought things were finally going to go well — just when You were teaching me to trust You more and forgive readily — just when I thought my worry was behind me — the hurt has come back into my life. The trial has come back with a vengeance. My pain is great. Can I still trust You?

O God, hear my cry for mercy. My body is in anguish; my soul is in turmoil; my heart hurts. Hear my cry, and rescue me — rescue those I love — from this pain and torment. If it were an enemy, it would be easier to bear, but this is someone who is supposed to love me. This is someone on whom I've poured my love. Can I forgive again? Why does it happen this way?

I am learning to trust You more and more — with more and more — on more and more days — in more and more situations. Do I trust You now, even in my pain? Do I trust You for tomorrow — that healing will come only in Your time? Does my praise express my trust — even when I'm faced with fear and hurt or even death?

Can I forgive others as You forgive me? You did not promise that the hurt would never return. You did not promise that there would be no more battles. You did promise that I am Your child — chosen and beloved by You — and that You would see me through this time of trial — this time of fear — this time of pain. Will it ever stop? I don't see what the end is, but You do. You have plans for me; You have plans for healing; You have plans that give me hope.

So I call on You, O my God. You are my Rock and my Hiding Place. I will call out to You in the morning when I wake, throughout the days of trial, and at night when I am exhausted, beaten down, and alone. You have given me a peace in the middle of this battle — a peace that I don't even understand. I praise You for this peace within me for You are my place of safety — even as the battle rages about me.

I praise You for Your Word which gives this balm to my weary soul. I praise You that I can cast all my burdens on You. I praise You that I can call on You at all times. I praise You for lifting me up from the pit and sustaining me. I trust You, my Lord, for my life is in Your keeping. Amen. **Q**