

A PRAYER FOR THE CRUSHED IN SPIRIT

Father, my heart is hurting and my mind doesn't understand. It doesn't feel like you are good but I know You are. Your lovingkindness never ceases and Your compassions never fail, Great is Your faithfulness (Lam 3:22-23)

I don't know what my future holds but I will be strong and courageous, I will not be afraid or terrified because of my enemies or my uncertainty because you go with me and you never leave me nor will you forsake me. (Deut 31:6) Thank You for having a plan to prosper me and not to harm me, plans to give me a hope and a future (Jer 29:11)

At times it feels like the world is against me and everything is going wrong but I know if You are for me, who can stand against me (Romans 8:31) and even if my eyes can't see it yet, I am more than a conqueror through You (Romans 8:37).

When I forget who You are and what You can do remind me that You deliver and rescue and perform signs and wonders in heaven and on earth (Daniel 6:27).

When the chaos surrounding me is louder then Your voice remind me that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate me from the love of God that is in Christ Jesus our Lord. (Rom 8:38-19)

Pain is a part of life and You told us we would have trouble in this world, but "Blessed is the one whom God corrects; so do not despise the discipline of the Almighty. For he wounds, but he also binds up; he injures, but his hands also heal." (Job 15:17-18) Thank you for correction, thank you for uprooting, revealing and undoing because You live us too much to leave us where we are.

Look on me with favor and make me fruitful and increase my numbers, and keep Your covenant with me. Bless me with the ability to still be eating last year's harvest when I will have to move it out to make room for the new. Put Your dwelling place among me, and do not abhor me. Walk among us and be my God, and we will be Your people. You are the Lord my God, who brought me out of bondage so that I would no longer be slaves to the things that held me captive; You broke the bars of my yoke and enabled me to walk with my head held high. (Lev 26:9-13)

In the midst of walking through the valley of the shadow of death may my mouth be filled with laughter, my tongue with songs of joy. So it can be said among the nations, “The Lord has done great things for me.” The Lord has done great things for me, and I am filled with joy. (Psalm 126:2-3)