

PRAYER TO GOD MY HOPE IN TIME OF FEAR

BASED ON PSALM 30

Praise to you Father.
When I am afraid, you are with me.
You are never far from me when I call out to you.
Everyone should know this and praise you.

Sometimes I feel so hurt and alone.
I know you can heal my wounds.
You show me mercy when I sin.
You rejoice when I return to you.

Then I feel like I am on top of the world.
When you are with me I feel know fear.
I know you love me and rescue me.
But then I forget you and go astray.
The fear builds up in me again.

I cry "Help me! Save me Lord! I am lost!"

But then I sense your presence again.
The anxiety leaves me.
Instead of being frightened
I dance for joy because you have rescued me.

Praise be to you God my Father.
You drive away my sadness.
I will always praise you.

Amen.

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