

PRAYER



Psalm 139 is a most beautiful Psalm meditating on the omnipresence of God. Wherever we are, God is always with us, we are never on our own. I hope you will find it a most helpful Psalm. To aid you in praying that Psalm I give you this reflection whose source unfortunately I do not know.

*Father, you know me better than I could ever know myself.
You know in all truth what I have been, what I am, what I will become.
You know me when I am loving and when I am selfish.*

You know when I succeed and when I fail.

You know everything about me

And yet, Father, you love me more than I will ever know.

You don't hold it against me that I fail, or am discouraged.

You try also to show me that I should not hold it against myself,

Because by doing so I will fail to love more.

You are forgiving and loving.

It is beyond my understanding.

I read your word and am inspired,

But then immediately I feel its poverty in my own life.

But Father, if I do try to escape you, really where can I go?

Deep down I never want to escape you, but at times I try.

Help me to realise that at these times you will support me,

You will send the light needed,

You will send your consolation through another,

You will send your strength and courage.

God, my Father, know my thoughts.

Guide me to you.

You know what I desire

Even though I do not always move toward my goal.