

**Sandy Anderson**, born and raised in Ohio, has been happily married to her husband Lee for 32 years. She has a passionate desire for individuals to understand the Father's unconditional love, to discover and walk out their unique gifting, and for them to each experience an unequalled passion for Jesus Christ. She has over 30 years of ministry experience and is a licensed with the Potomac Ministry Network. She is active in leadership, service, small groups, and currently serves as the Connections Pastor at her church. She enjoys writing in her blog and has been published in various devotional ministries. In her spare time she loves to read and spend time with family and friends.



## Pray With Me

Sandy Anderson

**“Lord You are my strength and my shield, my heart trusts in You and I am helped: therefore my heart greatly rejoices; and with my song will I praise You.” Psalm 28:7**

*Would you join me in praying this declaration of love to the One who knows us best and yet still loves us most?*

**Lord You alone give me the strength that I need to do all that You ask of me.** I am weak and at times I feel so weary and discouraged that I want to hide...but Your strength gives me the power I need to fulfil the plan Your generous heart prepared when You created me.

**You are my shield.** I can run into Your waiting arms and find safety there. You are my impregnable refuge where I may continually run. You are my fortification where I can abide in the heat of the battle, when my strength is exhausted and my defeat seems certain.

*Thank You for loving me enough to send the battles and painful events to my life, for those dark seasons enjoined my heart to Yours. In those anguished moments my heart saw the need to trust You, and with nowhere else to turn, I realized You were more than enough!*

**Do I trust You?** You have never left, failed or rejected me, so my waiting heart cannot help but choose to trust itself wholly to Yours! Today, I willingly commit every mystery, doubt and circumstance of my life to You. I am Yours!

**Am I helped?** Yes. You are my strength, my shield and the safe place my heart rests. I am helped by who You are in all creation, but also who You are in my life's every aspect. You are everything good that has graced my days. You alone are my great and kind Redeemer; You are in the details of every blessing I have experienced; and You are in the face of every person that has graced my world.

**Therefore my heart greatly rejoices in You.** A joy unspeakable overflows my heart when I ponder Your caring goodness, Your abundant mercy, and Your eternal loving-kindness. Your covering presence causes my heart to bubble over with a bliss found nowhere else. In You is an ecstasy of delight that has no rival!

**And with my song I will praise you.** Although my physical song may not give pleasure to the hearers; this I earnestly pray; that You, Papa God, would hear the unique song my heart sings for You, a song of thanksgiving, a song of glory and praise, a song of gratitude for a life that finds every blessing comes from Your generous hand, that each moment of beauty originates from Your expansive heart, and that, in the face of who You are, I am wholly and humbly undone. *O hear the song that my spirit sings for You alone.*