



Saint Patrick's Episcopal Church

Mooreville, North Carolina
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MEDITATION AND PRAYER

*O Lord, don't rebuke me in your anger
or discipline me in your rage.
Have compassion on me, Lord, for I am weak.
Heal me, Lord, for my bones are in agony.
I am sick at heart.
How long, O Lord until you restore me?
Return, O Lord, and rescue me.
Save me because of your unfailing love.
—Psalm 6:1-4*

Like children, we sometimes get ourselves into situations from which we cannot extricate ourselves. We know that our plight is the result of sin or foolishness. Anger certainly is a justifiable reaction on the part of our heavenly Father. In this psalm, David found himself in such a situation. He knew that God was the only one to whom he could appeal for compassion, so he prayed to God with unabashed candor. After all, God is both just and loving. He certainly disciplines, but he also forgives. When you find yourself in a predicament perhaps of your own making, don't hesitate to follow David's example and pour your heart out before God.

Prayer for the week: Dear Lord, have compassion on me, for I am weak ...