



Saint Patrick's Episcopal Church

Mooreville, North Carolina
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MEDITATION AND PRAYER

*O Lord, I have come to you for protection;
don't let me be disgraced.
Save me and rescue me,
for you do what is right.
Turn your ear to listen to me,
and set me free.
Be my rock of safety
where I can always hide
Give the order to save me,
for you are my rock and my fortress.
—Psalm 71:1-1*

Life is full of uncertainty, turmoil, and danger. Sometimes these trials are more psychological or spiritual in nature than physical, but the threat is real nonetheless. Where can we turn to find a safe haven? The psalmist knew that God would protect him. In fact, the Lord had been his only source of hope ever since he was a child. He knew that God is a just and compassionate God. The Lord wants to protect his people. If God would only give the order, the psalmist knew he would be saved, so it was only natural for him to plead "Save me and rescue me." Consider what sorts of "enemies" confront you today. With the psalmist, turn to your Rock and Fortress, who is always ready to save you.

Prayer for the week: *O Lord, my protector rescue me from ...*