



Saint Patrick's Episcopal Church

Mooreville, North Carolina  
www.saint-patricks.org

INSPIRE - CONNECT - EMBRACE - SHARE

## MEDITATION AND PRAYER

*O Lord, don't rebuke me in your anger  
or discipline me in your rage!  
Your arrows have struck deep,  
and your bows are crushing me.  
Because of your anger, my whole body is sick;  
my health is broken because of my sins.  
My guilt overwhelms me —  
it is a burden too heavy to bear ...  
But I confess my sins;  
I am deeply sorry for what I have done.  
—Psalm 38:1-4 18*

Sometimes the gravity of our sin can overwhelm us. The physical and mental suffering can feel like God's heavy hand of judgment. This was David's situation as he prayed the words of Psalm 38. He spoke of God's anger and rage, of God's arrows striking deep and his blows crushing him. David realized that his own guilt was the cause of his suffering, and he knew where to turn for mercy and relief. He confessed his sin before God and knew he could receive forgiveness. Sometimes when we are suffering because of sin, we are tempted to become bitter and turn away from God. Let us learn from David, who turned immediately to God. Confess your sin to God and stop the spiral of sin that sends us reeling away from God.

Prayer for the week: Lord, I confess my sins; I am deeply sorry for what I have done.