

# A Prayer for Courage

## **Lord, you are my light and my salvation.**

You keep my lamp burning.  
You turn my darkness into light.  
With your help I can do anything.  
Why should I be afraid?

## **You are my rock, my fortress and my deliverer. You are my shield, my salvation, my stronghold.**

When I call to you, you save me.  
When I am in distress, I call to you for help,  
and you hear my cries.  
You rescue me because you delight in me.

You reach down from on high and take hold of me.  
You draw me out of deep waters that engulf me.  
*(Recall God's deliverance in your life, in others,  
or in scripture by completing any of these sentences...)*

You delivered me when \_\_\_\_\_.  
You delivered \_\_\_\_\_ when \_\_\_\_\_.  
You rescued your people when \_\_\_\_\_.

## **For in the day of trouble you will keep me safe in your presence;**

you will hide me in your shelter  
and set me high upon a rock.  
Then I will be exalted  
above the enemies who surround me,  
and I will joyfully offer my life as a living sacrifice.  
I will sing and make music to you, Lord.

## **You are the stronghold of my life, So why should I be afraid?**

When evil people surround me,  
when my enemies attack me,  
they will stumble and fall.

## **Even if all hell breaks loose, my heart will not fear.** *(Identify your fears and fill in any of the blanks below.)*

Even if \_\_\_\_\_,  
my heart will not fear.

Even though \_\_\_\_\_,  
I will still be confident.

Though my father and mother forsake me,  
or even though \_\_\_\_\_,  
You, Lord, will receive me.

## **Hear my voice when I call, O Lord;**

Be merciful to me and answer me  
My heart tells me to seek your face,  
so you, Lord, I will seek.

Forgive me when I seek other things.

Forgive me when I look to others for deliverance and courage.  
*(List other things you seek for courage instead of God.)*

Forgive me when I seek \_\_\_\_\_  
instead of seeking you.

**The one thing I ask of you, Lord,  
the one thing I care about and seek;  
that I can live in your presence all the days of my life,  
that I can gaze upon your beauty, seek you and know you.**

## **Do not hide your face from me,**

Do not turn your servant away in anger;  
You have been my helper.  
Do not reject me, forsake me, or leave me alone,  
O God, my Savior.

Teach me your way, O Lord;  
Lead me on my journey.  
Broaden the path beneath me  
so my ankles do not turn.  
With your help I can overcome any obstacle.  
With you, my God, I can scale a wall.

With your help, I can \_\_\_\_\_

With you, God, I can \_\_\_\_\_

Do not turn me over to the evil around me.

For you, God, give me strength.

You train me and sustain me.

You live, O Lord, my Rock!

I praise you, God, my Savior!

I praise you because you show your faithfulness  
to the faithful.

I praise you because you are a shield  
for all who take refuge in you.

I praise you \_\_\_\_\_.

Whatever happens,

I am still confident of this:

I will see your goodness, Lord, in the land of the living.

## **I will wait for you, Lord.**

**Make me strong, give me courage to take heart.**

**You are my fortress and my deliverer.**

**You are the solid rock on which I stand.**

**Amen.**

*A Prayer for Courage  
Adapted by Frances Green  
from Psalm 27 and 18*