

A Prayer in Suffering

**Save me, O God,
for the waters have come up to my neck.**

Save me.
I'm sinking into the depths.
I'm drowning.
My feet are slipping.
My eyes are failing from looking for you.
I'm worn out calling for help.

May those who hope in you
not be disgraced because of me, O Lord.
May those who seek you
not be put to shame because of me.
(List people you want to entrust to God.)

I endure scorn for your sake.
When I weep and fast,
I endure the scorn of others.
My enemies mock me. They hate and insult me.
Zeal for your house consumes me,
and the insults of those who insult you
fall on me.

**Rescue me, do not let me sink.
Deliver me from the deep waters.**
Deliver me from...

You know my foolishness, O God.
My guilt is not hidden from you.
I confess...

Do not let the flood waters engulf me,
or the depths swallow me up,
or the pit close its mouth over me.

**Answer me, O Lord,
out of the goodness of your love;**
Turn to me in your great mercy.

Do not hide your face from me;
but answer me quickly,
for I am in trouble.

**Come near and rescue me.
Redeem me.**

I'm disgraced, scorned and shamed.
My heart is broken and helpless.

No one gives me sympathy.
I looked for comfort and found none.
But you know my pain.
You know my affliction and my adversaries.
I give my enemies over to you.
I entrust to you...

May those who seek you rejoice
and be glad in you.
But may those who seek my ruin
be put to shame and confusion.
Give them what they deserve.

**I'm in pain and distress;
May your salvation, O God, protect me.**

I will praise your name in a song, God,
and glorify you with thanksgiving.
I give thanks for...

You hear the needy and do not despise us.
You see me. Help me see you.
Make my heart glad again, O Lord.

May those who love your name
dwell in your presence.
You are my help and my deliverer;
O Lord, do not delay.

Amen.