

## PRAYER



Psalm 139 is a most beautiful Psalm meditating on the omnipresence of God. Wherever we are, God is always with us, we are never on our own. I hope you will find it a most helpful Psalm. To aid you in praying that Psalm I give you this reflection whose source unfortunately I do not know.

*Father, you know me better than I could ever know myself.  
You know in all truth what I have been, what I am, what I will become.  
You know me when I am loving and when I am selfish.*

*You know when I succeed and when I fail.*

*You know everything about me*

*And yet, Father, you love me more than I will ever know.*

*You don't hold it against me that I fail, or am discouraged.*

*You try also to show me that I should not hold it against myself,*

*Because by doing so I will fail to love more.*

*You are forgiving and loving.*

*It is beyond my understanding.*

*I read your word and am inspired,*

*But then immediately I feel its poverty in my own life.*

*But Father, if I do try to escape you, really where can I go?*

*Deep down I never want to escape you, but at times I try.*

*Help me to realise that at these times you will support me,*

*You will send the light needed,*

*You will send your consolation through another,*

*You will send your strength and courage.*

*God, my Father, know my thoughts.*

*Guide me to you.*

*You know what I desire*

*Even though I do not always move toward my goal.*