



Wednesday Prayer

Second Sunday after Pentecost - Hold on

For this week's prayer, I share a song with you that relates to Psalm 22:19-28, a psalm of lament. As we know, Psalms is a book of songs, and as I think about our community and the suffering that we all might experience day to day, I also know how God helps us. The song encourages us to hold on even when you feel like letting go. Pray through your suffering even if you can't see the light at the end of tunnel. God shows up and will continue to show up if you believe in him. Through grief there is a renewal in our spirit bringing us closer together as one body of Christ.

Courtney Pace, Associate Professor at Memphis Theological Seminary, reflects on this Psalm, sharing, "Lament is like the blues, a tenacious articulation of reality insisting, even demanding, resolution. Laments, like the blues, can make intimate friends of strangers, awakening us to our shared experiences of humanity: vulnerability, love, loss, ecstasy, anguish, and everything in between. Like the blues, lament is a language of faith, an assertion of reality rooted in hope. Though we are lonely, we are not alone. Though we cry out to God from the depths of our true feelings, God hears us and is present with us."

Everybody Hurts by R.E.M

*When the day is long and the night, the night is yours alone,
When you're sure you've had enough of this life, well hang on.
Don't let yourself go, 'cause everybody cries and everybody hurts sometimes.
Sometimes everything is wrong. Now it's time to sing along.
When your day is night alone, (hold on, hold on)
If you feel like letting go, (hold on)
If you think you've had too much of this life, well hang on.
'Cause everybody hurts. Take comfort in your friends.
Everybody hurts. Don't throw your hand. Oh, no. Don't throw your hand.
If you feel like you're alone, no, no, no, you're not alone
If you're on your own in this life, the days and nights are long,
When you think you've had too much of this life to hang on.
Well, everybody hurts sometimes,
Everybody cries. And everybody hurts sometimes.
And everybody hurts sometimes. So, hold on, hold on.
Hold on, hold on. Hold on, hold on. Hold on, hold on.
Everybody hurts. You are not alone.*

God, today I ask for a special prayer for those who are struggling to hold on. Lord I ask you to shine a light on the young girl or boy who is suffering from sexual abuse. Lord we are trusting in you to make a shift and breakthrough that will help us end child sexual exploitation. I also pray that communities will come together and pray like never before. Today I stand strong and believe and have faith in my community. Lord use me as your vessel to touch those who don't know you so they can witness the greatness of Jesus. Amen.

Written by Monica Jones, Cherish All Children Youth Program Coordinator.