



Wednesday Prayer

2nd Sunday in Lent – From where will my help come?

I lift up my eyes to the hills — from where will my help come? My help comes from the Lord, who made heaven and earth. Psalm 121:1-2

This Psalm brings visions of a journey – whether a physical journey of upcoming travels, journeying through a difficult time in life, a journey to safety, or our Lenten journey towards God’s mercy and forgiveness.

From where will my help come? In times of uncertainty, fear, or harm, it may seem difficult to see that God is with us through all of this. I’ve prayed this week for safety as family members travel to places that Coronavirus has hit, and for those who have been affected by this outbreak across the world. We pray for young people’s safety in relationships, that they find trustworthy, safe people. We pray for those stuck or who feel trapped in situations of sexual violence, exploitation, and trafficking – that they may find and accept the support available to them. And we pray that the help that is offered is genuine, non-judgmental, and life-affirming.

Sunday is International Women’s Day, and 2020 marks the 100th anniversary of the ratification of the 19th amendment to the US Constitution which granted women the right to vote – but excluded women of color. It took another 45 years until the Voting Rights Act of 1965 to officially include women of color. This historical oppression intersects with gender-based violence, and we need the help of the Lord to lift our eyes and open our hearts to work for change.

I am amazed at the strength of those who have fought to dismantle systems of oppression and the strength of those who are going through various traumatic experiences in their lives – people who share that they make it each and every day with the help of God. As a lifelong Christian, I am not amazed in the way of surprise, but amazed in the way of “Ah, yes.”

So as we journey with our own trials, and as we journey with young people to support them in their trials, let us lead knowing that God is always with us on the path. My help comes from the Lord.

Creator and Protector, we pray for children and youth who do not have a safe place to call home, living couch to couch or out on the streets. We pray that those who were abused or found home life unsafe find care and healing. Help those who seek shelter find safe accommodations, supportive services and trustworthy adults. Protect them from those who would exploit them in this time of need. In Jesus’ name we pray, Amen.

**This is the 2nd prayer in our [Cherish All Children Lenten Prayer Series](#).*

Written by Joy McElroy, Cherish All Children Executive Director.