



Wednesday Prayer

Third Sunday in Lent – Thirsting for God

**O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you,
as in a dry and weary land where there is no water.**

Psalm 63:1

The Psalm for this Sunday is all about longing. David is in the Desert of Judah, on the run from his enemies, and cries out to God for help. He was physically thirsty in the desert but also spiritually thirsty and longing for God's mercy.

We can certainly relate to David's feelings of longing. Just as our lives were starting to feel more "normal" after these pandemic years, we are now seeing constant images of what life is like for our neighbors in Ukraine. How many of us have been watching the news and wonder what we would pack in one single suitcase as we leave our homes, perhaps never to return?

The stories we hear from the war zone are heart-rending. Our feelings of helplessness and wanting to help end the suffering and the 24/7 news coverage are understandable. While we may be physically far away from the suffering, we thirst for relief from the horrors and many reach out to assist in whatever ways they are able. Further, I get to wondering – what if the news coverage were more frequent on the issues of sexual abuse and trafficking? Another issue we may feel we're far away from, yet a quick search of sex trafficking news generated pages of recent stories, perhaps not viewed by many. In our work to prevent sex trafficking, we too can sometimes feel weary and helpless.

But as the Psalm continues, David remembers God's power, glory and might. We are called to remember our longing for communion with God. In verse seven, David wrote, "for you have been my help, and in the shadow of your wings I sing for joy." In the context of Lent, this psalm models a spiritual devotion that Lenten disciples seek to cultivate – a thirsting for God. May we continue to draw closer to God and pray for everyone in need - wherever and whatever that might be.

Loving God, our souls thirst for you in a weary land. We give you thanks that You are the living water of life that satisfies the longing of our hearts. We trust in your promises and mercy. We ask that you watch over and protect all those in need. In Jesus' name we pray, Amen.

View our week three Lenten prayer, and share our [Lenten Prayer Series](#) with your church and others so we may keep all children and those who care for children in our prayers.

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