

a prayer for times when i am feeling shame

dear God,

it's me again. and i need You again. always.

the waves keep coming, shame this time.

wave after wave crashes over me as i remember

all that i have done, all that i have not done;

all that i am, all that i am not.

it is not a pretty picture. i am not a pretty picture.

but here i am,

in Your Presence carrying all of this ugly.

how can i bear to look into Your face?

how can You bear to look at me?

i want to bury my face in You and then rest in Your
radiance.

when i do that, the ugly fades

and i am warmed by Your kindness, Your unfailing love.

surely You are the God who shows me steadfast love.

You are my refuge even when the enemy is me.

thank You

amen.

O my God, in You I trust; let me not be put to shame; let not my enemies exult over me. Indeed, none who wait for You shall be put to shame.

Psalm 25:2-3

O, guard my soul and deliver me. Let me not be put to shame for I take refuge in You.

Psalm 25: 20

I sought the Lord and He answered me and delivered me from all my fears. Those who look to Him are radiant, and their faces shall never be ashamed.

Psalm 34: 4

I will sing of Your strength; I will sing aloud of Your steadfast love in the morning. For You have been to me a fortress and refuge in the day of my distress. O my Strength, I will sing praises to You, for You, O God, are my fortress, the One who shows me steadfast love.

Psalm 59:16,17