



A Prayer for August 18, 2020

Chaplain Carmelo Mercado, Magnolia Towers and Westminster Plaza, Orlando

Using the Contemporary English Version (CEV) of the Bible, Psalm 40 is here adapted to address God more directly (rather than in third person alone). It is an ancient scriptural meditation for help that was composed during or after the 6th century BCE.

I patiently waited, Lord, for you to hear my prayer.

You listened and pulled me from a lonely pit, full of mud and mire.

You let me stand on a rock with my feet firm.

You gave me a new song, a song of praise to you.

Many will see this, and they will honor and trust you, the Lord God.

You bless all of those who trust you, Lord, and refuse to follow lies.

You, Lord, have done many wonderful things, and you have planned marvelous things for us. No one is like you! I would never be able to tell all you have done.

Sacrifices and offerings are not what please you; gifts and payment for sin are not what you demand. But you made me willing to listen and obey.

And so, I said, “I am here to do what is written about me in the book, where it says, ‘I enjoy pleasing you. Your Law is in my heart.’”

When your people worshiped, you know I told them, “Our Lord always helps!”

When all your people met, I did not keep silent. I said, “Our Lord is kind, faithful, and caring. And God saves us.”

You, Lord, never fail to have compassion on me;

your love and faithfulness always keep me secure.

I have more troubles than I can count. My sins are all around me, and I can’t find my way. My sins outnumber the hairs on my head, and I feel weak.

Please show that you care and come to my rescue. Hurry and help me!

Disappoint and confuse everything that seeks my life; turn away anything that wants to hurt me; and draw back anyone who says, “Just look at you now!”

Our Lord, let all who seek you rejoice and be glad in you. They love you for saving them, so let them always say, “The Lord is wonderful!”

I am poor and needy, but, Lord God, you care about me, and you come to my rescue. Please hurry and help!