

This prayer/psalm is a picture for me of how Jesus deals with the black times in our lives.

God is good - We can be at ease in his presence.

Thankyou God,
That I can be at ease with you,
The God of all creation.
I don't need to fear you,
for you are love,
Overwhelming, amazing love.
I can come to you and be warmed by your spirit,
as I would be warmed by a bonfire on a beach
on a cool summers night.

I can come to you,
bringing all that is on my mind, all that is in my heart.

You listen to me
And with your listening
something in me - a small flame,
flickers into being and I feel a glimpse of hope,
a glimpse of acceptance and love

Soon,
I am flooded with your peace.
Your angels have upheld me
And I am strengthened to live my life
To do what I have to do
and to love others as you have loved me