

For Those who are Troubled

God of the troubled,
I am afraid again and look to you.

Calm me and bring peace to this disturbed spirit.
Quiet me.
Still my turbulence
as you quell the storm at sea.

Help me to know you are closest
when I am most worried.
Protect me from harm.
Let these troubles pass.

Wake me up to the reality of your constant love for me.
I place myself in your presence and your care.
I hand you all my troubles for a while.
Be my peace, O God, my peace.

God of the troubled,
I am afraid and look to you again.

Written by Sandra Dillon.