



Wednesday Prayer

Reformation Sunday – What do you need this week?

God is our refuge and strength, a very present help in trouble.

**Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea, though its waters roar and foam,
though the mountains tremble with its tumult.**

**There is a river whose streams make glad the city of God, the holy habitation of the Most High.
God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.**

The nations are in an uproar; the kingdoms totter; he utters his voice; the earth melts.

The Lord of hosts is with us; the God of Jacob is our refuge.

Psalm 146:1-7

This week I've wrestled with many things. Some of this wrestling comes around the 3:00am hour, when my body has apparently had enough sleep to wake me with all the fear-filled troubles and earthly tumults. Everything from the current wars waging, the upcoming election, the mental health of friends & family, and middle-of-the-night planning of events with Confirmation classes to support them in learning and growing into safe relationships.

As I read this Psalm for our upcoming Reformation Sunday, I thought, "Oh, this is what I needed to read this week." This is what I needed reminding of – that God is here with us in the midst of it all, as our refuge and strength. While being challenged to do all the things I'm passionate about, and as I go into Confirmation classes and teach about healthy relationships, I can remind all these children, youth and families that God is with them in the midst of all their challenges. And I can ask them, "What do you need this week?"

Each one of us can begin to ask the youth in our lives, "What do you need this week?" Or if that's not the right question, something similar that let's them know we're here and they matter. This Psalm reminds me of God's presence and refuge. When I meet with students, I can remind them too, of God's presence and refuge. All that they (and we) see on the constant cycle of news that moves us into a state of fear needs the refuge of a God of strength guiding and leading us toward deeper connections with one another.

Protecting God, you assure us that you are always with us, in all our fears and troubles. Challenge us to move beyond our fears and deepen our relationships with others, especially the young people in our lives and communities, so that we may be a safe haven. Amen.

Written by Joy McElroy, Cherish All Children Executive Director.