



Wednesday Prayer

25th Sunday after Pentecost – God of hope and promise

Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, who made heaven and earth, the sea, and all that is in them; who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry.

The Lord sets the prisoners free; the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down; the Lord loves the righteous.

The Lord watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin.

The Lord will reign forever, your God, O Zion, for all generations. Praise the Lord!

Psalm 146:5-10

There is no doubt great uncertainty and anxiety for many this week. Is there a clear winner in the election? If not, when will we know? What does this mean for the days ahead?

The psalmist gives us words to hang on to, words of hope and promise that declare that regardless of how things look or feel right now, we can keep the faith and trust that God is still in control. We can be “happy,” not in a Pollyanna naïve way, but in a confident way of living that declares that to be happy is to remember that we are blessed. We are those who continue to live in the assurance that God will work out God’s purpose for justice and peace, not just for me as an individual – not just for us as Americans – but for all people.

We can continue to pray and actively work in our communities through organizations like Lutheran Social Service, Lutheran Immigration & Refugee Service, and Cherish All Children, to lift up those who are bowed down: those recovering from natural disasters; young people who take on our anxiety and carry it into their daily lives; the young and old alike who get lured into dangers through social media. We can be active participants who pray and work to help those who live with the challenges of hunger and homelessness. We can participate with God in watching over the stranger – immigrants and asylum seekers – by helping elected leaders find just and compassionate solutions for immigration. And we can be intentional about how we speak and interact in love with those who may not agree with us, remembering that they also are those whom God loves. The promise is not that our days will always be easy. The promise is that we don’t face them alone!

God of Promise, set us free from the anxiety that keeps us from being the people you need and call us to be today. Slow us down and show us how to turn ourselves over to the One who is our help and our hope, that we may *‘trust in the Lord...who keeps faith forever...’* AMEN

Written by Marlene Elmstrom, MDiv94, Retired, Forest Lake, Minnesota