



## SANCTUARY

A PRAYER FOR DERAILED EMOTIONS

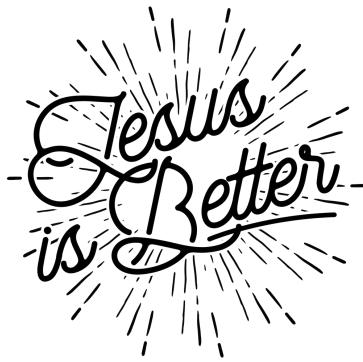
Oh Father God,  
I sit before you now unsure of how even to tell you of my state.  
I *feel* so many things,  
and yet the desire for you to sooth my soul is not one of them.

I am overwhelmed with all of the things to be done  
and yet unmotivated to pursue their completion.  
I'm upset with everyone around me  
and yet unwilling to forgive and extend grace.  
I don't care about things that truly matter  
and yet I am passionate about the inconsequential or even the detrimental.

In a way that feels most unnatural, I declare now your truth:  
"The heart is deceitful above all things, and desperately sick;  
who can understand it?  
You, the Lord, search the heart and test the mind..."

Then may I not trust my heart!  
May I then trust your heart?  
"A glorious throne set on high from the beginning is the place of our sanctuary."

I confess:  
Anxiety has been my roof.  
Anger has been my walls.  
Apathy has been my foundation.  
My emotions are my sanctuary; you are not.  
"Heal me, O Lord, and I shall be healed;  
save me, and I shall be saved, for you are my praise."



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I tremble as I leave the deceptive comfort of worries and grudges and numbness and walk to you, my home.

Oh God, give me courage!

From the safe shelter you provide, my God,  
of your Word and your people and your Spirit,  
I present the emotions I am feeling to you.  
They were gifts, but as I let them become idols;  
I became imprisoned in their house.  
Now, would you allow them to be gifts again?

Would you show me how moments of anxiety  
allow me to submit new areas of my life to your control?  
Would you show me how my anger toward others  
allows me to see new ways I could grow in love?  
Would you let apathy toward your Word  
allow me to beg for your grace to see your truth anew?

Oh, maker of all emotions, giver of all good gifts!  
All is from your hand.  
All is for my good.  
All is for your glory.

Amen.

Excerpts from Jeremiah 17.