

Oh Lord,
for you are sovereign and almighty,
all creatures must bow before you.
Our creator, our father, our ever-lasting help!
We should not depend on my own insight and strength,
for we are only human beings.
As we keep our focus on you and have faith in you,
we will be safe and protected.

Lord, I shall rejoice in your unconditional love.
You empower me and strengthen me;
and tell me not to fear.

I once was lost, but now I am found,
for God, you have lightened my life,
and pulled me out of the darkness.
I turn to you in the midst of adversity,
you comfort me and embrace me with your gentle and loving arms.
I pour out my worries and woes to you,
for you are my refuge.
You take away my burden,
and drench my soul with your unfailing love.
Lord, you are my savior and my cocoon
Your love is infinite and permanent
Amen.