I greet you in the name of the One who is Love. Let us quieten our hearts to hear God’s word for us today.

Today’s Lectionary psalm in Psalm 78:1-7, however my focus is Psalm 19:14.

14 Let the words of my mouth
 and the meditation of my heart
be acceptable to you,
 O LORD, my rock and my redeemer.

The past five days have been exhausting much less the past long months of this year. People have lived with tension, suffering, and unrest for far too long. Our country is broken with beliefs that divide even as we proclaim that we serve the same God.

Some are celebrating that their candidates won; others are angry that theirs did not. Some are celebrating that they and/or their loved ones survived COVID-19 while others are mourning inconsolably that their loved ones have needlessly died.

This is a time in our country when all of us need to seek our own hearts. Our selfishness and self-centeredness has hurt others. We need to stop and bare our souls to the one true living God, not the one we create in our minds whom we claim is on our side to get what we want.

We need this prayer. We need our words to fill others with love. We need our thoughts to fill our own hearts with love. We need to confess to God whatever stands in the way of us being able to truly pray this prayer.

Let us keep this prayer before us. Let this prayer seep into our souls! Let us write it on our hearts and keep praying. For God alone is our rock and redeemer.

Please pray with me: O God of yesterday, today and tomorrow we come with so many mixed emotions. Know our hearts, forgive us, cleanse us and renew us to do Your bidding. Let all that we say and do be acceptable in Your sight. In Christ’s name I pray. Amen.

Rev. Janice Stamper