

Poetry



A Prayer Based on the Truth of Psalm 121

Dr. Catherine Thorlakson, Vanguard College Faculty.¹

Lord, I lift my eyes above what I naturally look at to find help. I find that help in You, my powerful, creative, almighty God, Who made the whole earth and the entire, incredible universe. Thank You that You make my steps and my stance solid and firm. Thank You that You are always and certainly attentive to everything concerning me. You *never* get tired or lose focus. You are always watching me, keeping me, and shielding me where and when I cannot shield myself.

Thank you that not even the heat of the sun or the darkness of night can harm me. Thank You so much for Your protection from evil, for Your care and protection over my whole life. Thank You that You always and everywhere take care of me - for my entire life. Your attention and care of me is whole, complete, and lifelong. I am so grateful.

I love You and rest in Your attentive care.

Amen.

¹ Dr. Cath has been training and working in various ministry roles for more than 35 years. She served in various pastoral positions including worship, women, children, and young adults. She worked with her husband in leadership in camp ministry for several years, and later served as a clinical counsellor, Mental Health Therapist, and Addictions Counsellor. Cath has a Ph.D. in Educational Psychology, and is a Registered Psychologist. She works as the Pastoral Care & Counselling Program Director and Academic Success Director at Vanguard College while also carrying a small private counselling practice. It is an honour to be able to serve those looking to build skills and care for others.

