



DO YOU WANT PEACE OF HEART?

(red and white design on cover)

Each one of us was created by God. And He is always watching over us. No one else loves us and cares for us the way He does. When we are worried, or scared, we ought to tell all that is in our hearts to Him. Because He can help us in every situation. The prophet David wrote many beautiful poems. Many of these poems are prayers that David made to God during times of fear or distress. As we pray these prayers we can learn much about the loving God. And be encouraged through this.

p3, Oh God! Consider my suffering and save me, Lord. I have not forgotten Your commands, Lord. Protect and deliver me. Save me according to Your promises. Those who don't obey Your commands are far from salvation. Because they don't care about what You have commanded them. Your mercy is great, Lord. Lord God! Save me according to Your Word. [from Ps 119: 153-159]

p4-5, My soul finds rest only in God. I also find my salvation in Him. He is my foundation stone and salvation. He is the shield around me, I will never be afraid. Oh God -- how long must I continue being hurt and persecuted by people. My heart is wounded like a broken wall or a toppling fence. They want to destroy me, and ruin my reputation. They love to lie. And while they appear kind on the outside, in their hearts they store up hate and anger. Oh, my soul! Seek your peace from God. I receive help only from Him. He is my foundation stone. And He is the one who rescues me. He is the shield around me. No one can strike me. He is the one who shelters protects me and gives me success. He is my strength. I will go to Him to flee and hide from people. Everyone! Always trust in Him. And tell Him all the griefs and desires in your heart. Because He is our helper. Oh God! You are the unchanging one. And You, Lord, are loving. Surely You, Lord, reward everyone according to what they have done. [from Ps 62]

p5, I speak to You, Lord, out of the depths of dark despair. Oh God! Listen to my cries for mercy. Hear me, Lord. If You, Lord, were to count our sins, and draw up our accounts, could anyone be saved? But You are forgiving. Therefore we must revere You. My soul waits expectantly for You, Lord. And all my hope is in Your Word. My soul longs for You more than a night watchman waits for the light of dawn. All you who have your faith in God -- put your hope in Him. For He is merciful. And with Him is endless forgiveness. He will rescue people of faith from sin. (from Psalm 130)

p6-7, Oh God! Have mercy on me. You are great and merciful. Your love is unchanging. So please forgive and wipe away my sins, Lord. Wash me from my evilness and sin, cleanse me. I understand well my sinfulness. Those matters are always in front of me. Against You I rebelled and sinned, and I have done things that You regard as evil. I deserve to be given the punishment You prescribe for those actions. I have been a sinful person even from my birth. I have been a sinner even from the moment I was conceived in my mother's womb. You give me understanding and wisdom. Certainly You desire a person to be truthful in their innermost being. Wash and cleanse my heart, Lord. Then I will be as pure and white as milk. Give me the joy of hearing praise to You from these bones of mine that You have crushed. Don't consider my sin, take away my evilness. Oh God! Help me. And give me a single-minded, unchanging spirit. Don't send me out away from Your presence. And don't separate me from Your Holy Spirit. Give me once again the joy of Your salvation. And give me a spirit that obeys You, Lord. God, open my mouth. That I may praise and thank You. You do not love the 'good works' that people

do to try to compensate for their sins. You love the soul of the person who has cleansed their heart from their sin, and the heart of the person which is broken from that grief of repentance. Surely this 'good work' will please You, Lord. [from Psalm 51]

p8-9, Oh God! Lord, You know the depths of my heart. And You know full well everything about me. You know when I sit and when I get up. Lord, You even know my thoughts. Lord, You know the motives behind everything I do. And You are familiar with all my habits. My habits are well known to you, Lord. Before a word leaves my tongue, Lord, You know what I want to say. You watch me from all sides. Your hand, Lord, is on my life. No human being is able to comprehend how much you know. I cannot grasp the greatness of your thoughts and understanding. Where can I go to hide from you, Lord? Where can I run to to be far from your presence? Even if I were to go to the deepest depths, you would be there. Even darkness is no obstacle to you. Even if I was in the midst of darkness, you would be able to see me as though I was in the daylight. Lord, You know me, every part, even into the deepest depths of my heart. Lord, you are the one who created me in my mother's womb. I praise you. You made me in a wonderful, complete way. I am completely convinced that you do things in miraculous ways. While my body was being formed, even then you saw me Lord. You saw my formless body. Even before I began my first day in the world, you had planned my life. O God! Your thoughts and plans are precious to me. Your thoughts and plans are beyond number. They number more than all the grains of sand on the earth. Even if I fall asleep out of exhaustion with trying to grasp the extent of your greatness, when I awake again I am still surrounded by that greatness. O God! Study me deeply. Look closely at the desires in my heart. Test my thoughts and aspirations, reveal to me all the qualities in my heart and mind that you disapprove of. Then I will turn from them. And keep me on your eternal straight path. [from Psalm 139]

p10-11, Oh God -- I am poor and needy. Hear my prayer and answer me. I have dedicated my heart to You. Protect my life. You are my God, Lord. Save me, as I trust in You. I call on Your name and cry out to You continually. Have mercy on me. Give joy to my heart. I have given my soul to You. You are forgiving. You are good and kind. You show Your love to all who call on Your name. Hear my prayer, Lord. Listen to my cry for mercy. I pray to You when I am in trouble. Please answer my prayer. There is no other God like You. You alone are the God who does miracles. You have created all the nations of the world. And all the people of those nations will bow before You and worship. And give honor to Your Name. You are great, Lord. You do wonders. Because You alone are the true God. Show me Your ways, Lord. Then I will live as You show me. Give me an undivided heart. Then I will fear you with reverence. [from Psalm 86]

p12, Lord, You are the One who watches over me. Therefore all my needs are taken care of. Lord, You take me to places of green shadiness and abundance to give me rest. And bring me next to peaceful springs of water. In this way my heart is refreshed. Lord, You lead me along straight paths. Because You are my protector. Even when I must travel through the deep dark valleys of death, I won't be afraid. Because You will be with me. And because Your hand will rescue me and not allow me to fall. Lord, You prepare a feast for me, to show me honor, in the presence of my enemies. And You invite and welcome me as a special guest. Lord, You give me a full and overflowing cup out of Your generosity. You are merciful, and You love me. For all my life I am sure that You, Lord, will be with me. And I will always dwell in Your presence. [from Psalm 23]

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