

30 Days of Prayer

Day 6

Psalm 42:1-2

¹As a deer longs for flowing streams,
so my soul longs for you, O God.

²My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

God who quenches my thirst,

I am spiritually hungry and thirsty for your life-giving water. I place before you the hungers and thirsts in my life that parch my soul... *(take all the time you need to name the hungers that are not satisfied by anything we can obtain on earth).*

I am hungry and thirsty, but you, Lord, have given me bread to eat and wine to drink, and it nourishes my soul. In the gift of Holy Communion I am made whole. Satisfy my longing for your presence and give me the desire to come to you daily. Fill the empty places in my life with your words that are sweet and satisfying. I thank you for the words you have already spoken to me that quench my soul's thirst... *(take all the time you need to say words, verses, or passages in the Bible that you remember that speak to you).* Praise you, O God, for your gratifying message of love and salvation! In the name of Christ,

Amen.

Sometimes when we try to solve our own problems all by ourselves, we turn inward, rather than to God, and we become spiritually thirsty. But that thirst can be quenched by the life-giving words and presence of God. Sometimes those words are spoken to us through prayer. Sometimes they're spoken through another person. Sometimes we receive those words when we read the Bible.

It's likely you know more of the Bible than you think. As you pray today, remember the Bible words, verses, or passages that you have learned and listen again to God's holy words as you say them to yourself. "As a deer longs for flowing streams, so my soul longs for you, O God." Wait no longer. Come to the water.