

O MY GOD

In crisis we turn to you, Father.

We do it unconsciously—

in pain,
in deep distress,
in desperation;
in joy,
in exuberance,
in exhilaration.

Whether or not we acknowledge you in our lives,

We find ourselves saying

‘Oh my God’, ‘Jesus’, ‘Christ’:

Unconsciously,

Unthinkingly,

Unwittingly—

but not unhelpfully—

We call your name,

Because you have planted deep within us

A need to connect with you.

So in our extreme, unedited moments,

We call to you.

Thank you that you wait patiently for me,

And whenever I am ready,

You are there.

And we are sure of this, that he will listen to us whenever we ask him for anything in line with his will. And if we really know he is listening when we talk to him and make our requests, then we can be sure that he will answer us. (1 John 5: 14–15, TLB)