



Wednesday Prayer

14th Sunday after Pentecost – Better Days

O LORD, you know; remember me and visit me, and bring down retribution for me on my persecutors. In your forbearance do not take me away; know that on your account I suffer insult. Your words were found, and I ate them, and your words became to me a joy and the delight of my heart...I did not sit in the company of merrymakers, nor did I rejoice; under the weight of your hand I sat alone... Why is my pain unceasing, my wound incurable, refusing to be healed? Truly, you are to me like a deceitful brook, like waters that fail. Therefore thus says the LORD: If you turn back, I will take you back, and you shall stand before me... And I will make you to this people a fortified wall of bronze; they will fight against you, but they shall not prevail over you, for I am with you to save you and deliver you, says the LORD. I will deliver you out of the hand of the wicked, and redeem you from the grasp of the ruthless.

Jeremiah 15:15-21

Like many these days, Jeremiah is weary. He asks God to remember him, feeling as if God has somehow gone away. He calls on God to take action against his enemies. He can't understand why, when he has done all God has asked him to do, why he continues to suffer. He throws insults at God – *"you are to me like a deceitful brook, like waters that fail."* While my words are not so poetic when I'm throwing insults, I can certainly empathize with the pain.

Supporting survivors of any trauma – whether sexual abuse, exploitation, trafficking, veterans of war, those surviving racism, heterosexism, and a multitude of additional traumas – we can see how many feel alone and see how they have been failed. But God immediately assures Jeremiah *"turn back, I will take you back...I am with you."* If we can support those who are in deep distress with "I am with you" we may bear witness to their pain and walk with them on their journey to better days.

Monday was the 60th anniversary of the March on Washington. I was fortunate to join with hundreds of others for a commemorative concert at the University of Minnesota. We heard from Black speakers and musicians, past and present, about the trauma of slavery and injustice. We heard how they stayed connected: to one another through humming, to themselves and their bodies through meditation and rocking, to God and each other through spirituals. We were called to act for justice, to continue the work of Reverend Dr. Martin Luther King, Jr. and so many others who worked tirelessly for better days for all.

Join in listening to ["Better Days"](#) sung by Javonta Patton at the 60th anniversary concert. He is the first independent gospel artist to have a #1 album on the Billboard gospel charts.

***My soul, my soul, is not afraid
I will always see better days***

Written by Joy McElroy, Cherish All Children Executive Director.