

Prayers I Still Need

By Catherine Foote

When I come to the end of my prayers,
I find that there are
prayers I still need.

A prayer for the courage to speak the truth.

Another prayer for the pain.

A prayer for the sadness.

A prayer for the fears.

A prayer for the anger that sometimes smolders
and sometimes burns.

A prayer for justice and for grace.

A prayer for strength to keep telling my story,
to keep moving forward toward wholeness,
to keep moving toward you.

A prayer for wisdom.

Another prayer for love.

Amen.

Catherine J. Foote, "Prayers I Still Need," in *Survivor Prayers:
Talking with God about Childhood Sexual Abuse*
(Louisville, KY: Westminster John Knox, 1994).