



## A Psalm for the Day (based on Psalm 23)

by Rev. Elizabeth Raid

God is my GPS, my faithful guide through the winding, sometimes confusing, often perplexing ways of life.

When the chatter of my thoughts — the to-does for the day, the shoulds and shouldn'ts seek to overwhelm me, You welcome me to a time of Centering Prayer to sit in silence with other pilgrims. You invite me to enjoy a cup of tea and conversation with a friend.

When I sit on my deck or walk the trails of North Newton and Sand Creek, and listen as the birds join in a chorus, watch the horses graze contentedly, the ducks glide with ease, I am reminded that your creation is for all creators.

When I raise my voice in singing and yield my fingers to piano keys, my heart rejoices and my spirit is refreshed.

When the loud, shrill voices of those who pursue power, who promote fears and phobias, tread on my sense of justice and nonviolent action, when the tragedies, losses and challenges of life cover me in darkness, You recalculate and realign my GPS with your eternal universal plan for reconciliation, for making all things new.

You give me paper and pencil to voice my fears, to offer words of comfort to a dying friend, to pen a letter to the editor of the local newspaper, and write a legislator requesting debate on the Death Penalty.

Your all-knowing GPS guides me and my spouse on a road trip with time for conversation and visits with family or former congregants.

When lush green gives way to barren brown, then vivid orange, glowing yellow and rambunctious red, I am reminded that through the changing seasons of my life You are constant, gently guiding me, giving me courage, purpose and joy.

Surely, my blessings far outnumber the losses. In the autumn of my life, I can rest secure that just beyond the fast, approaching winter lies an Eternal Spring.

All will be well. All shall be well. And all manner of things will be well.

***Rev. Elizabeth Raid lives in Newton, Kansas.***