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*I am poor and needy;
hasten to me, O God!
You are my help and my deliverer;
O LORD, do not delay!*

Psalm 70:5

The psalmist here is praying a bold prayer without any qualifiers. They don't say "please," or "if it is your will," or "if I am worthy." It is just a request, a demand for aid to a weary person and a weary nation.

The boldness can feel foreign to us, as if we must timidly approach God. However, what might it look like for our individual and collective lives, if we were bold to pray like this psalmist? When I have made this switch in my own prayer life, I find deeper assurance that God is with me. I lean more on God's promise to hear me. I believe that God's promises are not just for all of us collectively, but also for me individually.

This "for me" aspect is key to our Lutheran tradition. The sacraments are meaningful to us because they show how God's promises are given to me, to you, to each of us individually. They are for us because they are for each of us individually. When Luther talks about the gifts we receive from Christ's death and resurrection in Galatians 2:20, he emphasizes that this promise is for me:

Read these words "*me*" and "*for me*" with great emphasis, and accustom yourself to accepting this "*me*" with a sure faith and applying it to yourself. Do not doubt that you belong to the number of those who speak this "*me*." Christ did not love only Peter and Paul and give Himself for them, but the same grace belongs and comes to us as to them; therefore we are included in this "*me*." (LW 26:179)

The psalmist here in Psalm 70 boldly asks for the fulfillment of God's promises for him and the people of Israel. God's promises are also for you, whoever you are, wherever you are, because you are a beloved child of God.

May you confidently pray this week and ask God to be with you in all that you do.

God, whose promises are seen throughout scripture, you promise to be with us and hear our prayers. Listen to our requests, our thanksgivings, and our praise. Be with us today, in this moment and all moments. Be with us in our joys and our sorrows, our health and our illness. Help us to feel your presence, grace and love with us.