

WORDS OF  
COMFORT  
IN A  
TIME OF  
ANXIETY

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose,  
near restful waters he leads me,  
to revive my drooping spirit.

He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.

Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever.

*Psalm 22 (23)*

'But now, thus says the Lord, who created you and formed you,  
Do not be afraid, for I have redeemed you;  
I have called you by your name, you are mine.  
Should you pass through the sea, I will be with you;  
or through rivers, they will not swallow you up.  
Should you walk through fire, you will not be scorched  
and the flames will not burn you.  
For I am the Lord your God,  
the Holy One of Israel, your saviour.'

*Isaiah 43: 1-3*

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide is into the way of peace.

*The Benedictus*

Be still, and know I am with you  
be still, I am the Lord.  
I will not leave you orphans,  
I leave you with my world. Be one.

You fear the light may be fading,  
you fear to lose your way.  
Be still, and know I am with you.  
I'll lead you to the day - and the sun.

Be glad the day you have sorrow,  
be glad, for then you live.  
The stars shine only in darkness,  
and in your need I give - my peace.

*Anne Conway*

'Flee to our Lord and we shall be strengthened. Touch him, and we shall be cleansed. Cling to him, and we shall be safe and sound from every danger. For it is the will of our courteous Lord that we should be as much at home with him as heart may think or soul desire. But we must be careful not to accept this privilege so casually that we forget our own courtesy. For our Lord is supremely friendly, and he is as courteous as he is friendly : he is very courteous. And he will have his blessed ones in heaven like himself in all respects. To be perfectly like our Lord is true salvation indeed, and utter bliss. If we do not know how to manage this, let us ask our Lord to teach us. For this is what he likes, and it honours him.'

*Julian of Norwich*

'If the good Lord sends us many sufferings, sorrows, crosses, let us take care to make good use of them.'

*St. Julie Billiart*

'He is there when we feel alone,  
He hears us when nothing seems to respond to us,  
He loves us when all else seems to abandon us.'

*St. Augustine of Hippo*

Why are you cast down, my soul,  
why groan within me?  
Hope in God ; I will praise him still,  
my saviour and my God.

*Psalms 41:6*

Lead, kindly light, amid th' encircling gloom,  
lead thou me on;  
the night is dark, and I am far from home,  
lead thou me on.  
Keep thou my feet; I do not ask to see  
the distant scene ; one step enough for me.

I was not ever thus, nor prayed that thou  
shouldst lead me on;  
I loved to choose and see my path, but now  
lead thou me on.  
I loved the garish day, and, spite of fear,  
pride ruled my will ; remember not past years.

So long thy power hast blest me, sure it still  
will lead me on.  
o'er moor and fen, o'er crag and torrent till  
the night is gone,  
and with the morn, those angel faces smile  
which I have loved long since, and lost a while.