

# Prayer for Help

Lord God,  
I have fallen into a pit  
that I cannot escape.  
I can find no way out.  
No light reaches me here.

I know you love your people  
and stand by them in trouble:  
Daniel, in the lion's den;  
Joseph, in the cistern;  
Jonah, in the belly of the whale.  
Help me to feel your presence now.  
Help me to trust in your promise  
to be with me always.

Hold me up;  
Help me to trust in your mercy.  
Let me see your light.  
Help me say with your Son,  
"Father, I put my life in your hands."

Help me.  
Help me cling to hope,  
to the hope of a life  
of purpose and meaning,  
and to the hope of an eternal life with you.  
Amen.

**IMPRIMATUR, FEBRUARY 15, 2018**  
**THE MOST REVEREND LAWRENCE T. PERSICO, JCL**  
**BISHOP OF ERIE**



Out of the depths  
I cry to you,  
O Lord. PSALM 130