

Psalm for a Women's Shelter

Lord, you are my rock and my redeemer,
you are my shelter, an ever present help in times of trouble.
You know that violence has been my diet, day and night.
I called to you from the depths, "Lord, save my life."
It is not my enemy that attacks me, but it is my partner,
the one I love who assails me.
My body is black and blue,
my mind is reeling from insults thrown at me.
The love that I gave is thrown back in my teeth.
In this storm of trouble, I looked for help;
you led me to this women's shelter.
When I needed a safe place to protect my children,
they found a space for me.
When my abuser pursued me, they locked the door against him;
they protected my identity.
They saw my wounds and got me medical care.
They heard my torment, and provided counsellors.
Even when I walked in the valley of the shadow of suicide,
they were with me, they held my hand.
They believed that goodness and mercy could come to me,
even when I was sure it wouldn't.
For leading me to this place, where my soul can be restored,
I will be thankful all the days of my life,
till I dwell in the house of the Lord forever.

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