

A Psalm of Lament for Abused Women
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Anabaptist Mennonite Biblical Seminary
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O God, hear my prayer.
I trust in you.
Give ear to my petition and rescue me.
You alone can help me.
Deliver me from my abuser.

God of mercy, hear my plea.
I am being destroyed.
I feel abandoned and lonely.
There is no safety; no one to protect me.
There is no one to entrust with my secret.

My abuser speaks eloquently of peace and justice,
While I weep angry tears of betrayal.
He walks the halls with confidence,
While I am fearful of being seen.

I feel his eyes on me
When I sleep and when I rise.
My dreams are filled with anxiety and fear.
My spirit is full of anguish.

Where can I go to escape his advances?
When I go to class, I feel his presence,
Like a cloud of darkness over me.
When I retreat to my home he comes knocking.
His words, smooth as silk overtake me.
I am powerless in his hands.
I am being stripped of my honor and dignity.

Do you care, God?
I cry to you for help.
My silence rages against your silence.
Where is the peace and justice your prophets proclaim?

I cry to you for protection,
But he comes again.
Protect me from my abuser.

Let death take him from me!
Let him face justice for his evil work!
This is my only hope for help.
Let my powerlessness rise up as
Inner strength to stand against
The evil done against me.

God of hope, can you hear me?
Touch my tear stained face
And heal my wounded spirit.
There is no peace; no justice.
Why do you not speak to me?

I wait.....in silence.

This lament was a response to multiple stories of abuse and is therefore a corporate rather than an individual lament.