

*A prayer for the soul
struggling with silence*

My soul,

wait in silence for God only,

For my hope is from Him.

He only

is my rock and my salvation,

My stronghold;

I shall not be shaken.

On God

my salvation and my glory rest;

The rock of my strength,

my refuge is in God.

Trust in Him at all times, O people;

Pour out your heart before Him;

God is a refuge for us.