

## **psalm 7 – safe haven**

grant me safe haven  
for i am pursued within and without.  
in the moments of my  
deepest dread  
my spirit is ground down into the earth  
until there is nothing left of me  
but dust

open wide your sanctuary  
shelter me from the self-doubt  
that haunts my every move.  
keep my panic at bay  
guide me away from the deep chasms  
of my own making  
be my vindication when  
i can hear nothing  
but accusations.

don't let my pain turn to  
resentment and frustration  
don't let my fear fall  
into the wrong hands and be  
used as a weapon against me.

and when i fall again  
help me to compose a song  
of praise give me  
the courage to  
sing it to you.

(Rabbi Brant Rosen`