

Quiet Moments with God

*Allow these Quiet Moments to draw you into a time of refreshing,
reflection and rest with the Lord. You are His.*

Honest Prayer

Reading. Just be honest

*Take my tired body, my confused mind, and my restless soul into your
arms and give me rest, simple quiet rest. Do I ask too much too soon?*

I should not worry about that. You will let me know.

Come, Lord Jesus, come. Amen.

extract from H Nouwen: A Cry for Mercy

*My soul, wait only upon God and silently submit to Him;
for my hope and expectation are from Him.*

Ps 62:5 AMPC

Help us, O God of our salvation! Help us for the glory of your name.

Save us and forgive our sins for the honor of your name.

Psalm 79:9 NLT

**Prayer: Feel my pain and see my trouble. Forgive all my sins.*

Psalm 25:18 NLT

[Song: Honest. Leanna Crawford](#) *(Lyrics on pages 2&3)*

Honest

Leanna Crawford

I try to pray
But the words aren't coming out the way they used to
Did I lose my faith? God do I still trust You? (Mmm)
I try to worship
But when I lift my hands it all just feels so empty
Is it the heavy of the world? Or is it just me? (Mmm)

Though I've sung a thousand times
You're perfect and You'll never leave my side

Can I be honest?
I just wanna know that You still got this
When all I'm holding onto is a promise
God, You promised that You'll never leave me
When I'm scared of the dark, You're right there with me
Your kindness never fails, it's always reaching after me
But right now, God, all I need
Is to be honest

Oh, I've heard stories
Of you showing up when it was least expected
Every time you prove your timing always perfect
And the wait was worth it
And again and again and again
See your power coming through
You bring life to what is dead
No, there's nothing You can't do
I believe you did it then
So won't You do it now?

Can I be honest?
I just wanna know that You still got this
When all I'm holding onto is a promise
God, You promised that You'll never leave me
When I'm scared of the dark, You're right there with me
Your kindness never fails, it's always reaching after me
But right now, God, all I need

Is Your breath when I can't breathe
Your eyes when I can't see
An anchor as the waves crash all around
Be my heart when I can't feel
And show me something real
Just one taste of heaven here and now
Can I be honest? Ohh

Can I be honest? (Honest)
I just wanna know that You still got this (You still got this)
When all I'm holding onto is a promise
God, you promised that you'll never leave me (you'll never leave me)
When I'm scared of the dark, You're right there with me
Your kindness never fails, it's always reaching after me
But right now, God, all I need
Yeah right now, God, all I need
Is to be honest

Songwriters: Ricky Jackson / Robert David Ellmore / Leanna Crawford

27 August 2025