

Prayers of a VA Chaplain for those with PTSD

Chaplain Richard A. Lutz

O Lord, many of us have tears deep inside of our lives, because we've been hurt in ways that go to the very core of our being, and some of the hurts we carry around have been there for a long, long time – even for years. We experienced a loss from which even today we have not really recovered. We took a beating that ripped into our heart and soul and tore us apart at the deepest place in our life. We went through the betrayal of a trust, the betrayal of a friendship, and still today we find ourselves dealing with its aftereffects and its residue. We suffered the unforgivable at the hands of a parent or the hands of someone we loved, and there's a scar there that breaks open over and over again.

Sometimes our tears come up and get very close to the surface. We can feel them just behind our eyes or even in our eyes. Sometimes they form a big lump in our throat. And then we realize again that they haven't gone away at all, that they're still there, that they've just been buried for awhile and now are back to make themselves known again.

O God, you are the one who looks way down deep inside of all of us. You see and know what no one knows, no one at all except we ourselves. And, not only do you see us and know us, but you also feel things along with us, even the very painful stuff, the deep stuff along with us, and we feel a strange kind of healing taking place. For it's like you care and you understand...and we're no longer left alone with our burdens.

Today, those of us who are struggling inside – who've been broken and hurt and still feel the tears within – we thank you for being there and sharing with us what we cannot bear alone.

-Chaplain Richard A. Lutz, "Prayers of the VA Chaplaincy," Department of Veterans Affairs, Hampton, Virginia, at their 12th Annual Chiefs' Convocation, Washington, D.C., December 6-9, 1997.