

**Monday, March 8, 2021**

**Psalm 40: 1 – 4 (New International Version)**

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him. Blessed is the one who trusts in the LORD, who does not look to the proud, to those who turn aside to false gods.

From ***Writings of the Desert Fathers and Mothers***

*Abba Zeno said, "If a man wants God to hear his prayer quickly, then before he prays for anything else, even his own soul, when he stands and stretches out his hands toward God, he must pray with all his heart for his enemies. Through this action God will hear everything that he asks."*