

## Quiet Moments with God

Allow these Quiet Moments to draw you into a time of rest and reflection with the Lord. Open your heart. What is He saying to you?

### Why Me, Lord?

[Reading: Why me?](#)

*Don't be deceived, my dearly loved brothers.  
Every generous act and every perfect gift is from above,  
coming down from the Father of lights;  
with Him there is no variation or shadow cast by turning.*

James 1:16-18 HCSB

*And now, dear brothers and sisters, one final thing.  
Fix your thoughts on what is true, and honorable, and right,  
and pure, and lovely, and admirable.  
Think about things that are excellent and worthy of praise.*

Phil 4:8

*\*Prayer: In gratitude and penitence I come to you, Father. Thank you for all the wonderful things that you give to me; things I so often overlook, ignore, fail to acknowledge. Thank you! I know, "Why Me, Lord?" It's because you love me and want to bless me. Your love for me is a mystery; it is light and beauty. It needs no reason. It simply is. Blessed be your Holy Name. Amen.*

[Song: Why Me, Lord? Kris Kristofferson](#) (Lyrics on page 2)

# Why Me

Kris Kristofferson

Why me, Lord?

What I have ever done to deserve even one  
Of the pleasures I've known?

Tell me, Lord

What did I ever do that was worth loving you  
Or the kindness you've shown?

Lord, help me Jesus

I've wasted it so, help me Jesus, I know what I am.  
Now that I know that I've needed you so,  
Help me Jesus, my soul's in your hand

Try me, Lord,

If you think there's a way I can try to repay  
All I've taken from you.

Maybe Lord

I can show someone else  
What I go through myself  
On my way back to you

Lord, help me Jesus

I've wasted it so, help me Jesus, I know what I am  
Now that I know that I've needed you so,  
Help me Jesus, my soul's in your hand

Lord, help me Jesus

I've wasted it so, help me Jesus, I know what I am  
Now that I know that I've needed you so,  
Help me Jesus, my soul's in your hand

Jesus, my soul's in your hand

Songwriter: Kris Kristofferson

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