

A PRAYER ON

## a Day of Recovery from Sickness

JOHN DONNE (1572–1631)

MODERN RENDERING BY PHILIP YANCEY

O eternal and most gracious God,  
you have made little things to symbolize  
great ones, such as the water of baptism  
and the bread and wine of your table.

Receive my humble thanks that, not only  
have you granted me the ability to rise  
out of this bed of discomfort, but you  
have also given me a foretaste of a  
second resurrection, from sin;  
and of a third, to everlasting glory.

Though infinite, your Son was pleased  
to grow in the Virgin's womb and to grow  
in stature stage by stage. I know you have  
good purposes for me in your holy will;  
reveal them to me by degrees,  
in such a way that I find you to be  
better and better every day.

You allowed Saint Paul a "thorn in the flesh,"  
a messenger of Satan to teach him that  
*your grace is sufficient* and your *strength made  
perfect in weakness*. I live by your grace.

No matter what you furnish me today,  
tomorrow I'll perish if I don't have more.

I have eaten of the bread of sorrow for  
many days, and now have tasted  
of the bread of hope.

Continue, O Lord, feeding me  
the sustaining bread of life.

...[as] I am practicing patience,  
learning in the school of affliction.

I have learned that my bodily strength  
is subject to every puff of wind,  
and my spiritual strength  
to every blast of vanity.

Keep me therefore  
both grateful and humble:  
that I may have something to thank you for,  
which I have received, and something still  
to pray for and ask of you.