



Taking Some Time to Reconnect with God

March 27, 2020

Prayer:

O Lord, Your greatest command to love can also be most difficult. Give us the same heart as You have for the world and everything in it, that we might be the living presence of Your love. In Jesus' Name, Amen.

Read: Psalm 22:1-2, 14-21

Psalm 22:1-2, 14-21 New International Version (NIV)

For the director of music. To the tune of “The Doe of the Morning.” A psalm of David.

- 1 My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
- 2 My God, I cry out by day, but you do not answer,
by night, but I find no rest.
- 14 I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.
- 15 My mouth is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.
- 16 Dogs surround me,
a pack of villains encircles me;
they pierce my hands and my feet.
- 17 All my bones are on display;
people stare and gloat over me.
- 18 They divide my clothes among them
and cast lots for my garment.
- 19 But you, Lord, do not be far from me.
You are my strength; come quickly to help me.
- 20 Deliver me from the sword,
my precious life from the power of the dogs.
- 21 Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.

Reflect:

Sometimes life is just terrible. I don't mean annoying, or aggravating, or even infuriating-because-people-can-be-so-dumb. I mean terrible, as in the-end-of-life-as-we-know-it terrible.

Psalm 22 is about one of those times. And that's important. Psalms can give us words in times when we don't have the words. Jesus used words from Psalm 22 from the cross, which has to count as a pretty terrible time.

Psalm 22 is about times like these. And that's important, too. It can give us words for times like this too. Because the Scriptures include words like these for us, it must mean that God expects us to need them and to use them. It means that we need to sit in those seasons where life is terrible and use the kind of words God has given to us. Often we want to rush on to the words of celebration (which are also in Psalm 22). And it is bad for us if we get stuck on just these words which we've read from Psalm 22 today. However, part of not

getting stuck is to not rush through those times, to sit with these words and let them express where we are, what we're feeling. I can't tell you how long that takes; each of us experiences those times differently. I can only encourage you not to rush through. Sit with those words. The Biblical word for that is "lament." Sit with them until they bring you to the place where confidence in God and praise to God become natural again.

If you find life to be pretty terrible right now: Are you ready to praise God, or do you just need to sit with your lament a bit more?

Be Blessed;

May you feel truly loved by the God that asks you to love as you are loved.
Amen.