

SADNESS

Father in heaven, you are mighty and strong; you are my light and my salvation.
You, oh God, are the stronghold of my life.
You are the only one who gives good gifts,
and it is by you that I have even life and breath.

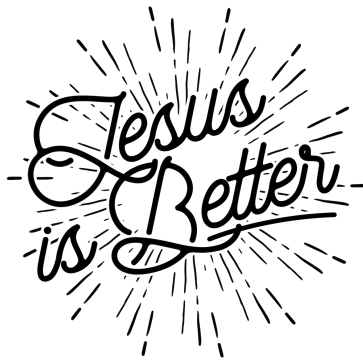
I know Lord, by your works, that you are a just and merciful God.

And yet, father, there is bitter anguish in my heart.
As hard as I consider the truths of who you are,
I feel only the dead chill of sadness in my bones.
I feel only the gaping emptiness of my solitude.

I cry out to you,
I seek your face,
and yet I go on in silence.

No one cares for me, I say.
No one understands me, I think.
No one could love me, I deem.

But then, Lord, I consider again your words.
I consider the God who became flesh and took on my sin
so that I might share in his life.
I consider the God who loves the unlovable, and I know there is hope.



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There is hope for me Lord; I know you love me;
I will choose to believe that you love me.

But why then, do you allow me to suffer?
Why do you afflict me day after day?
Is this how you show me your love?
What God would subject this to his creation?

Then I consider your blessed son Jesus.
Who took the thorns on his head and the nails in his hands.
He knew pain.
Who was betrayed by those closest to him,
who was abandoned in his time of need by his friends.
He knew loneliness.
And on whom the cup of God's wrath was spilt for my own sins.
He knew suffering.

Father, you do care.
You know my sorrows and my pain.
I may suffer, but I do not suffer alone.
Help my unbelief Lord. Help me to carry my cross this day
and to find true joy in the midst of this sorrow
as I follow humbly in your footsteps.

Amen.