

Monday, March 30th

Family Devotion

Describe a recent time you were upset about something and what made you feel better.

Note: If you are with a group, have each person take a turn sharing.

Scripture Reading: Psalm 130

Out of the depths I cry to you, O Lord.

Lord, hear my voice!

Let your ears be attentive

to the voice of my supplications!

If you, O Lord, should mark iniquities,

Lord, who could stand?

But there is forgiveness with you,

so that you may be revered.

I wait for the Lord, my soul waits,

and in God's word I hope;

my soul waits for the Lord

more than those who watch for the morning,

more than those who watch for the morning.

O Israel, hope in the Lord!

For with the Lord there is steadfast love,

and with God is great power to redeem.

It is God who will redeem Israel

from all its iniquities.

Reflection

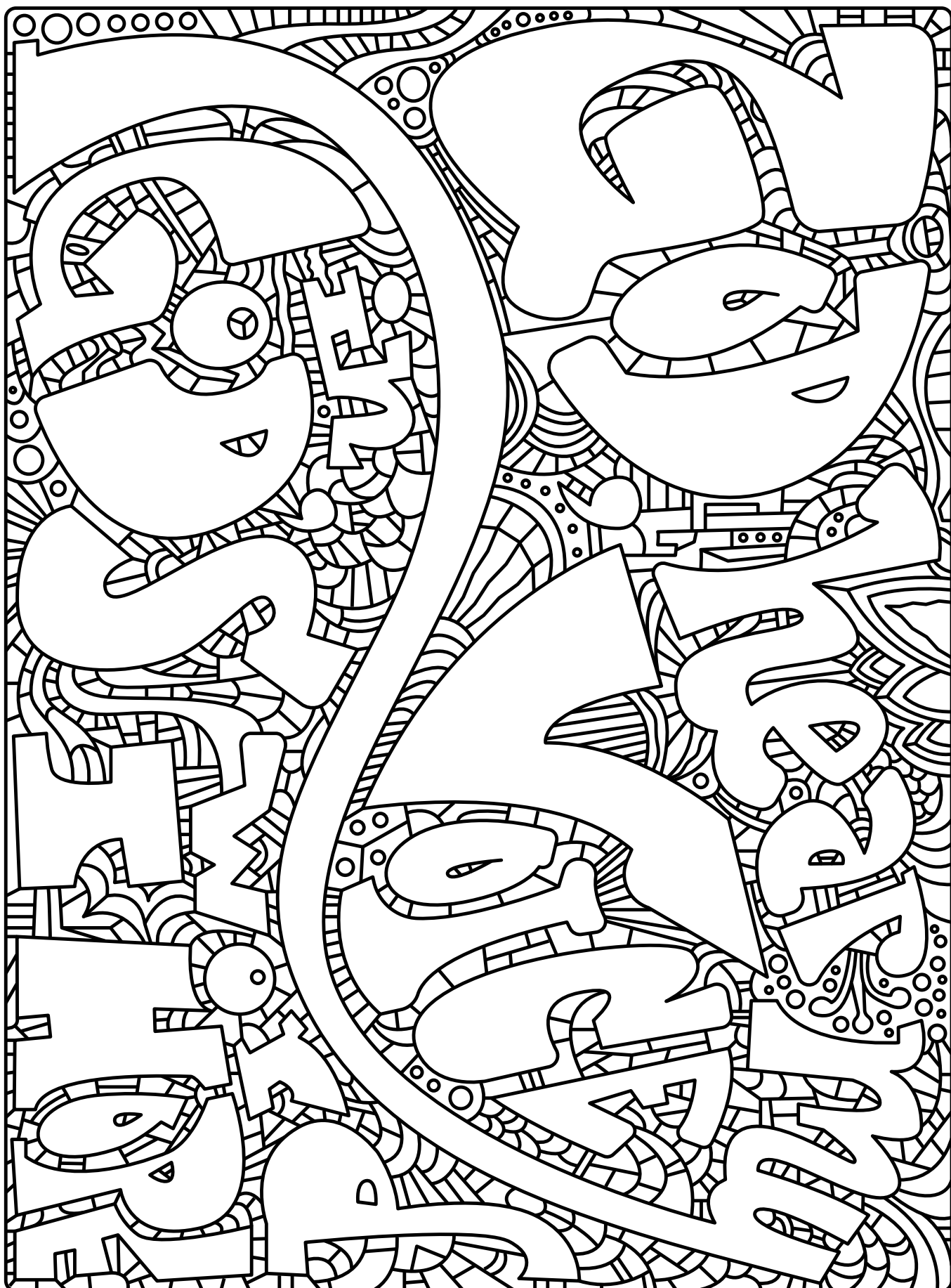
This morning's scripture is from the book of Psalms, which is an entire book of songs and prayers written to God. Some of the psalms are really happy, but not all of them. In this song, the psalmist is deeply upset and looking for comfort and hope by crying out to God.

The psalmist cries out to God from the depths - a place of grief, despair, and deep worry. But as we read on, we can hear how the psalmist has faith things won't stay that way. The psalmist trusts God will listen to their cries and bring them up from the depths. It won't be immediate, though. There will be waiting.

Waiting is a hard thing to do. The psalmist tells us while they waited, they used that time to repent. Repentance means changing your mind. It's letting how you see yourself and the world be transformed. It can involve saying good-bye to old things or old ways of living and being. Like the psalmist who wrote this whole song with hope from the depths of pain, we too are waiting.

When we're struggling with the many challenges we are experiencing with COVID-19, we may feel different kinds of emotions. One thing we can do is pray — that is, talk to God and share all of what we feel like the psalmist did. God welcomes all of our emotions. God hears us when we're upset, scared, sad, or mad, as much as when we're happy, proud, and joyful.

Take a moment to think about how you feel when someone you care about is hurting. If you're in a group, share your responses. Just like you care when someone you love is hurting, happy, or scared, remember God also loves us and cares about how we feel. God feels it with us.



FEELINGS ACTIVITY PAGE

Use this page to draw or write about what you're feeling. Whether you draw or write, both are ways to pray to God and share how you're feeling.

When we talk about compassion, we usually do so in terms of having compassion for someone other than ourselves. **But it is essential to have compassion for ourselves.** Especially now, when COVID-19 has entirely disrupted our daily life.

One act of compassion you can practice this week is naming your emotions. When we name our feelings, we become aware of how a situation is affecting us and how we can have compassion for ourselves and others. When we've caused hurt, we make the necessary repairs in our relationships.

Do an internet search for "feelings wheel" or "emotion wheel." Find one you like, and if you can, print it out and place it somewhere visible in your home.

Check in with yourself or your family/group a few times a day. Using the emotion wheel, ask, "what are you feeling right now," and identify the emotion on the wheel. Remember, there are no right or wrong feelings. It can also be an excellent time to remember no feeling is final.

