



Sadness

Prayer: O Lord, in the Beatitudes you tell me, “Blessed are those who mourn, for they will be comforted.” (Matthew 5:4). I pray that I may receive your comfort in the depths of sadness and sorrow and may understand your will and heart in this situation. I ask for the gift of understanding.

Scripture: Psalm 13

Worship Music: “Good Good Father” Housefires II
<https://www.youtube.com/watch?v=djrYeFD0wE>

Reflection

Psalm 119:28 “*My soul melts away for sorrow; strengthen me according to your word.*”

Journal:

Sadness can bring us to a standstill. It is such a powerful emotion that it can stop our forward movement in any given direction. Whatever sadness your heart holds, honor it. If it were not God’s will, it would not be with you and when the sorrow passes, God, your eternal Comforter promises “weeping may remain for the night, but rejoicing comes in the morning.” The Psalms are full of beautiful verses that give us language and pictures for grief and sadness. As you read through your favorites, notice how almost all the Psalms end in hope, praise and thanksgiving.

Read Psalm 69:1-18, 33-36 and notice how David cries out to the Lord in anguish and sorrow and ends up praising him in his sadness.

· Write your own Psalm in your journal. Follow David’s example of giving voice to his lament as well as praise for God’s love, grace and provision.

Soul Training Exercise: Gratitude and Praise journal

This week keep a small notebook or journal in your purse and begin to prayerfully notice what is praiseworthy –in nature, in people and in your life. Begin to write a gratitude list and add to it



each day. Some of your biggest surprises may be the smallest details! Pray that the Lord begins a great work of cultivating a heart of gratitude in your life.

At the end of the week, re-read all that God has shown you, and notice if there is a theme to the notes you made and what you have observed.

- How has gratitude changed your outlook on your circumstances this week?
- Incorporate gratitude and thankfulness in each of your conversations this week.