

# A Bright Sadness - Week Two

## Lamenting Injury

*Lord, make me an instrument of your peace; where there is injury, let me sow pardon.*

### Gathering and Centering

As you enter this sacred time of reflection and prayer, gather and center yourself physically and mentally, seeking to be as fully present to God as you are able. Settle into a quiet, comfortable space where you can be undisturbed. Consider lighting a candle to symbolize God's presence. Then relax your body, breathe deeply, and begin your time with this prayer:

*Spirit of God,  
I welcome you here.  
I invite you to silence my distractions,  
ease my worry, and calm my fear.  
Still my restless spirit as I hold space now  
for my bright sadness.*

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### The Sad ~ Injury

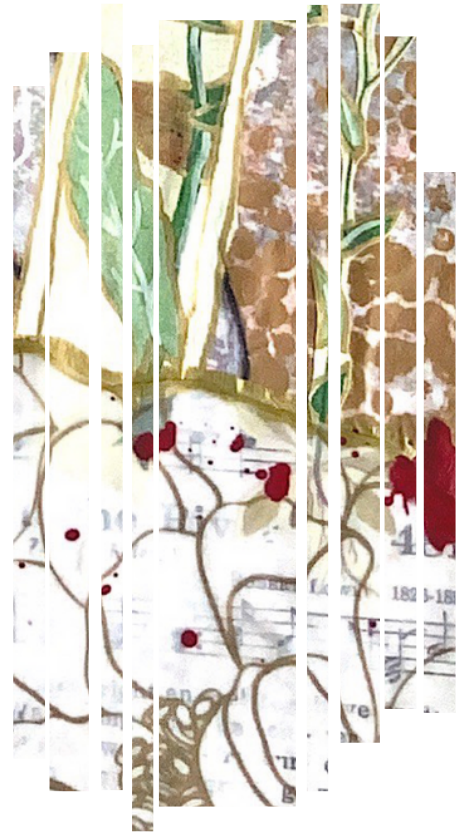
2 Corinthians 4:8-10 (New International Reader's Version)

"We are pushed hard from all sides. But we are not beaten down. We are bewildered. But that doesn't make us lose hope. Others make us suffer. But God does not desert us. We are knocked down. But we are not knocked out."

### The Bright ~ Pardon

Colossians 3:12-13 (New Living Translation)

"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."



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### Prompts for Prayer and Reflection

~ Are you feeling beaten down or discouraged? Are you suffering emotionally, physically, mentally, or spiritually? Invite God into those difficult spaces, lamenting with humility and honesty about your struggle.

~ How do you experience the truth that God never deserts or abandons you?

~ Which of these might you need to offer more of: mercy, kindness, humility, gentleness, and patience? Submit to God's desire and work in you to become you more like Jesus.

~ Have you been wounded, maligned, or wronged by someone else? Reflect on what it means to make allowance for other's faults. Is there anything God is prompting you to do in response?

~ Lament and grieve the pain and injustice of this world. Pray for relief of the oppressed, comfort for the weary, healing for the sick, and strengthening of your hope in God's promise of restoration and renewal.

~ Invite God to guide you into how you can bring comfort, relief, and care to those who are hurting physically, mentally, emotionally, and spiritually.

~ How does the obedience of Jesus, through His suffering and death, influence your desire and ability to sow pardon?

