

A Bright Sadness - Week Three

Lamenting Doubt

Lord, make me an instrument of your peace; where there is doubt, let me sow faith.

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.*

The Sad ~ Doubt

Matthew 14:28-32 (Contemporary English Version)

"Peter replied, "Lord, if it really is you, tell me to come to you on the water."

"Come on!" Jesus said. Peter then got out of the boat and started walking on the water toward him.

But when Peter saw how strong the wind was, he was afraid and started sinking. "Save me, Lord!" he shouted.

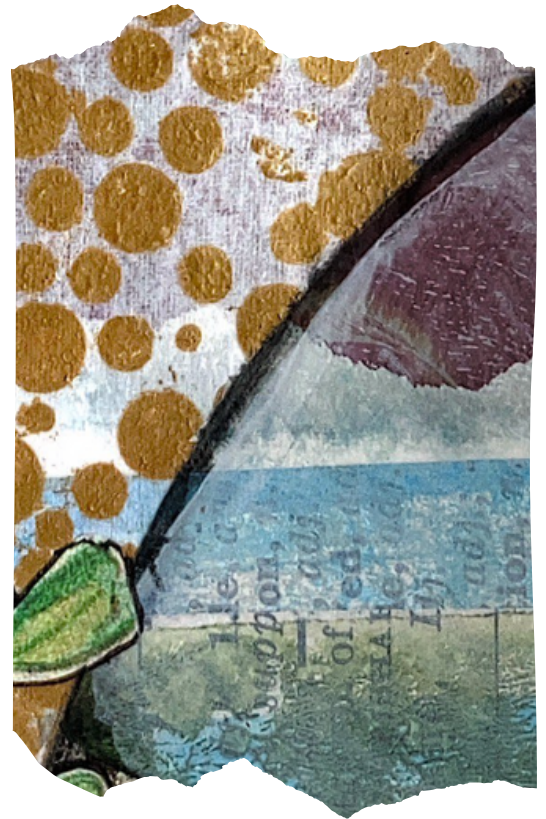
At once, Jesus reached out his hand. He helped Peter up and said, "You surely don't have much faith. Why do you doubt?"

The Bright ~ Faith

1 Peter 5:6-7 (Contemporary English Version)

"Be humble in the presence of God's mighty power,

and he will honor you when the time comes. God cares for you, so turn all your worries over to him."



Prompts for Prayer and Reflection

~ Jesus isn't disappointed when we doubt. He welcomes our questions and imperfect faith. If you are finding it difficult to trust Him in some way, be honest and talk with Him about that now.

~ Is there something causing you worry? Is there a situation you're trying to control? Are there winds blowing in your life, stirring up fear and distraction? Invite God into those difficult places and be present to His still, small voice.

~ Examine and contemplate the image above. What do you notice? Where does your gaze pause or focus? Is there anything in this image that connects you with lament? If so, talk with God about that.

~ The Apostle Peter is both a subject and author in the verses above. His experience of following Jesus contained faith, doubt, denial, and surrender. Is there anything about Peter that connects with you? Challenges you? Encourages you? Reflect and respond to God with what comes to mind.

~ Is there someone you know struggling right now with worry or doubt? How might you be an instrument of peace, strengthening their faith with your own?

~ How does the obedience of Jesus, through His suffering and death, influence your desire and ability to persevere and be faithful?

