



THINK ON THESE THINGS.....

Reading: Lamentations 2:18

The hearts of the people
cry out to the Lord.
You walls of Daughter Zion,
let your tears flow like a river
day and night;
give yourself no relief,
your eyes no rest.

Reflection:

In the book of Lamentations, we read about a group of people in the midst of a disaster, struggling to accept what the world has become. Lamentations depicts the social and cultural trauma of the inhabitants of Jerusalem, a city destroyed by the Babylonians. We witness a community straining to understand what happened and why it happened.

Lamentations gives voice to the suffering, witnesses to their pain, and honours their grief. While Lamentations demonstrates a different kind of societal disruption, it provides insight into our own response to the COVID-19 pandemic, and maybe provides a lens through which we might be able to both make sense of and begin to process the trauma we are going through.

The reality is, like the community of Israel trying to make sense of why their precious city has been destroyed, despite the fact that we are now nearly 8 months into this pandemic, we still feel bereft, angry and frustrated that this should have happened. Everything that used to be familiar and taken for granted, has either been removed or severely restricted.

Jeremiah gave voice to his feelings of hopelessness and despair, and he needed to. The events he and the believers had to endure were indeed traumatic, and appeared to be never-ending. However, God refused to abandon his people. Yes, they had to go through tough times, but never lost hope. Neither should we!

Breath-Prayer lament for today:

Lord God, hear our cry to you this day. Listen to our prayer. How long will we have to hide in our homes from this invisible enemy? Where will it strike next? And whom? And what if...? Our lives are dominated by this, and only this. Panic and anxiety abounds. Our souls are weary from the strain of the life-altering unknowns.

Heavenly Father, from the depths of our pain and confusion, we cry out to You. From fear-filled hearts and anxious minds, we plead with You. Rescue us, Father of compassion and grace. We lift up our eyes to You, Lord God, the One who sits enthroned in heaven, the One whom we can always rely on!

