

“I am counting on the Lord; yes, I am counting on him. I have put my hope in his word. I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn.” Psalms 130:5-6 NLT

lectio // Psalm 130

It is horrible to feel depression when things look bleak, overwhelming and out of your control. These emotions work against us in crisis. And hope is oftentimes in short supply, yet the only thing you can hold on to. If you have never learned how to find, see or manage hope because your whole life has been in crisis mode, it becomes impossible to rebound on your own. David makes the connection that it's like a watchman or sentry waiting for the morning sunrise. I'm not an “all-nighter” kind of guy, but those pre-dawn hours between 3am and 6am are so creepy - especially if you are not rested and struggling with fears and only see dark clouds in your future. Our minds begin to spin out of control about all the horrible things that may happen, or the unending list of things we must to do get out of our hole. David says his hope is in God's word! And God's word is not only true, it is trustworthy. God's word IS his character written out in promises to us, mercy to us and most of all HOPE for us.

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Dad,

Where would I be without your hope. You are my rest, my comfort, my assurance that you are in control and you have everything in perfect order. How can I listen and lean into that more during this season, this long winter called Covid-19? How can I see your hope rising like the morning sun? How can I help encourage others to look to the east and also see their hope rise because of you?

contemplatio

rest in the presence of God, allowing the words revealed to take root