



Weekly Devotion: How is Your Heart?

April 23, 2020

Scripture: Psalm 16:5-9

The LORD is my chosen portion and my cup; you hold my lot.

The boundary lines have fallen for me in pleasant places; I have a goodly heritage.

I bless the LORD who gives me counsel; in the night also my heart instructs me.

I keep the LORD always before me; because he is at my right hand, I shall not be moved.

Therefore my heart is glad, and my soul rejoices; my body also rests secure.

Reflection

We've recently crossed the 1-month marker... 1 month of quarantining and social distancing and daily news about the Coronavirus pandemic across the globe. How are you doing? Has this been a major change to your life? Has it felt like an inconvenience? Is your stress different now? What hasn't changed? Do you long for the previous-normal or are you more curious about the future-normal?

In all of this – how is your heart?

The exceptionality of the pandemic is, ironically, that we are not exceptional. No one is truly exempt from the ripples of disruption. And so we are just left, with ourselves, to figure out how to respond to it all. Our hearts response is key.

As Christians, we know we came from God and we make a commitment to keep our hearts connected to the Spirit as best as we can. Times like today can truly challenge our faith. Or, possibly more dangerously, convince us to set the attention to nurturing our faith aside as less important.

How are you tending to your heart lately?

It is ok for you to feel a little heartbroken right now. Our world is in a state of grief over what is and what is not and what will not be... Now is the time to take all and any hurt or loss or worry to the Lord. Spend time reflecting and remembering that God holds you, gives you counsel, is before you and never leaves you. The Lord heals our hearts when we allow ourselves to be open.

Let us pray...

Almighty God, maker of our hearts, fill us with gladness!
You have created us to walk beside you and you never leave us.

This pandemic has us shaken and so we turn to you all the more;
Sooth our spirits and bring us back to your peace.

Our hearts need tending,
Our world needs tending;
Your tending.

Remind us that nothing we can say or bring to you
will ever be too much for you to handle
or too much for you to deal with.

You are joy – fill us with rejoicing!
You are goodness – fill us with hope!
You are faithfulness – fill us with serenity!

Let our lives be a reflection of the love you first showed us.
In Jesus name we pray,
Amen.