

# A Bright Sadness - Week One

## Lamenting Hatred

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

### 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 ~ Hate

Romans 14:10 (Christian Standard Bible)

"But you, why do you judge your brother or sister?  
Or you, why do you despise your brother or sister?  
For we will all stand before the judgment seat of God."

### The Bright ~ Love

1 Corinthians 13:7 (New Century Version)

"Love patiently accepts all things. It always trusts, always hopes, and always endures."

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### Prompts for Prayer and Reflection

- ~ Invite the Holy Spirit to help you examine your life. Is there any bitterness, frustration, cynicism, or anger? What might be causing these feelings and responses?
- ~ What do you need to repent? Who do you need to forgive? Do you need to seek forgiveness from someone?
- ~ How does God's all-accepting love affect your thoughts, attitude, and actions in loving others? Is there a quality of love (patience, trust, hope, endurance, etc.) that you need to strengthen? Ask God to help you.
- ~ Reflecting on the image above, what captures your attention? Does it evoke any thoughts, feelings, emotions, or memories? How are you experiencing God through this image? Talk to Him about it.
- ~ Invite God to assist with your meditation on the scripture passages above. What words or phrases cause you to pause? What do you feel as you read? What are these verses revealing to you about yourself, or about God?
- ~ How does the obedience of Jesus, through His suffering and death, influence your desire and ability to sow love?

