

# A Bright Sadness - Week Six

## Lamenting Sadness

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

### 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 ~ Sadness

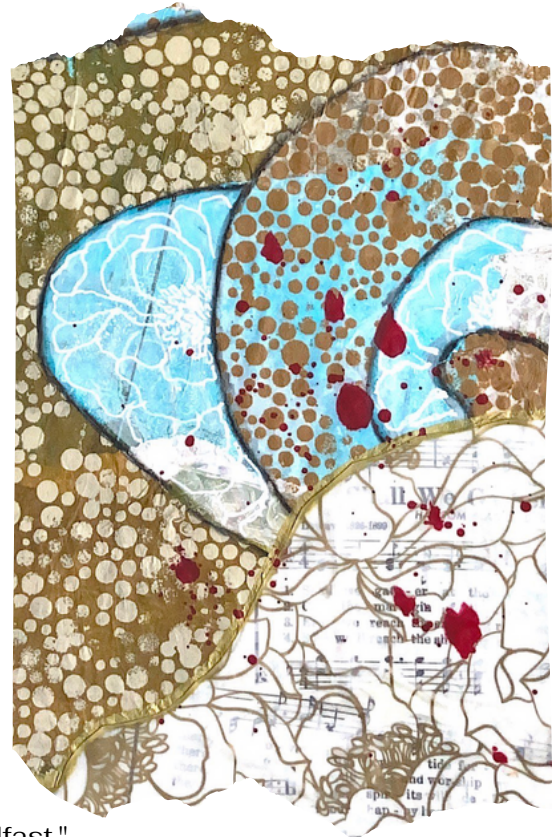
Psalm 25:16-18 (Contemporary English Version)

"I am lonely and troubled.  
Show that you care  
and have pity on me.  
My awful worries keep growing.  
Rescue me from sadness.  
See my troubles and misery  
and forgive my sins."

### The Bright ~ Joy

1 Peter 5:10 (New International Version)

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast."



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### Prompts for Prayer and Reflection

- ~ It's important to acknowledge and be honest with God about our feelings and experiences. Talk with God about anything causing you to be sad, worried, troubled, or feeling alone.
- ~ Do you know someone experiencing sadness? Pray for them this week, asking God to replace their sadness with joy while seeking ways that you can personally bring them comfort and care.
- ~ 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 with Him about it.
- ~ Sometime this week, make a list of what you are grateful for. Bring that list with you into a time of prayer, expressing your joy and thankfulness to God for His presence, provision, and care.
- ~ What does it mean to you when you consider that God will make you strong, firm, and steadfast?
- ~ Invite the Spirit 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 be joyful?

