

THURSDAY, APRIL 22, 2021

Psalm 130: 1,2,5,6,7

“Out of the depths I cry to you, O Lord.
Lord, hear my voice!
Let your ears be attentive
To the voice of my supplications!...

I wait for the Lord, my soul waits...
more than those who watch for the morning,
more than those who watch for the morning...

O Israel, hope in the Lord!
For with the Lord there is steadfast love,
And with God is great power to redeem.

There are many reasons we carry fear, stress, frustration, resentment, sadness, helplessness, despair... There are many reasons. Some are very specific and clear to us and others are not. Sometimes it's about a season of life or a season of the year, and for some of us it becomes chronic and habitual over time... Add a pandemic into the mix, and everything is made worse...

What can a Psalm inspire, evoke and provoke in us to maybe change the channel, redirect our focus, give us new perspective, and awaken healing spiritual properties within us?

Psalms provide all kinds of metaphors that point to inner dimensions of experience. “Out of the depths” helps us visualize spatially what may go on internally for us. “Depths” point to something that is deeply rooted in us, perhaps hidden to us or something we repress and suppress through the day when we keep busy and distracted. But then comes the night. We try to sleep. We get those first few hours... but then, we awake, and then... “My soul waits... more than those who watch for the morning...” Those hours till morning... they can be very long, agonizing, frustrating... Everything feels so much more difficult and impossible... All we can do is wait... But what do we do in that waiting time other than have troubling thoughts swirl in our heads over and over with no resolution?

Why not try to engage God? What ideas, expectations and hopes do we attach to the word “God”? The psalms wrestle with God. They wrestle with traditional ideas and expectations of God. They push and pull at God, negotiate, bargain, appeal, rage and lament - “supplicate” before God. And somehow, out of such depths of supplication arises hope.

“With God is steadfast love”... “with God is great power to redeem.” What will your supplications before God awaken in you?... “Steadfast love” is the kind of love that sticks it out, even in the worst of times, times of isolation, loneliness and deep darkness... “Redemption” means freedom. Someone pays a ransom for you and liberates you from bondage. Someone rescues you from the pit. But you have to have faith and hope in divine

power to redeem. And you must choose your freedom when the path to it is revealed. You must dance with God and move to the steps God will reveal to you. It won't be easy. It will take work. But then, no change that is meaningful and lasting can come without work... inner work.

Are you willing to wrestle with God, offer "supplication" before God, pray for the courage to choose the way to freedom as it is revealed to you by God? Or will you stay locked in the swirling depths that can and maybe have become chronic and habitual?

PRAYER: Out of the depths I cry to you, O Lord, hear the voice of my supplication... I wait for you to reveal yourself, O God... speak to me until I hear your voice. Fill me with your steadfast love, O God... Give me the courage to choose the door to freedom and the power to walk through it again and again... Amen.

(every time there is ... punctuation in the text, it suggests a pause)