

## **NOVEMBER KAIROS LETTER**

**I lift up my eyes to the hills;  
from where is my help to come.  
My help comes from the Lord,  
the maker of heaven and earth.  
Psalm 121:1**

Dear Kairos Brothers and All Residents at PCI —

Grace and peace to you.

I'll begin by telling you one important thing about me. I ride bicycle a lot, an awful lot. But after years of riding and many, many miles I was still not very good at descending, riding downhill when I really didn't have to pedal at all. I was a reluctant downhill rider and I always kept my eyes looking down and focused on the road right in front of me.

On one challenging mountain ride with lots of descending, a friend told me to raise my head and lift up my eyes so I could see farther down the road. He said it would give me more confidence about what was ahead and that by looking out I would be much more able to see all the things around me as I sped down the mountain.

I believe that what I learned from my friend about bicycling is also true about life. Psalm 121 reminds us to lift our eyes to the hills so we can see all God is doing in our lives. It's the psalm writer's way of saying that God and God's goodness are very much present in our world. But when we go through life with our eyes cast down, we don't see the wonderful signs of God's gracious love for us. Remember that gifts of grace may come in moments as simple as kind words from a friend, a letter from family that really matters, or the chance to be a friend to someone who really needs one.

I know we all go through periods when when it is awfully hard to keep our heads up. But trust in God and remember those words of the psalmist.

Our Lord has promised to be with us always. He is with you today and always. And remember that lots of Kairos volunteers are praying for you everyday.

Yours in Christ,

A Kairos Volunteer