

Week 4 | Trusting

Begin with prayer

Find a quiet place and stand still for a moment. Dedicate your journey today to God, asking him to speak to you as you read, pray and walk.

*Lord, grant that I may always allow myself to be guided by you,
always follow your plans and perfectly follow your holy will.*

Grant that in all things great and small,

I may do whatever you require of me.

May your will be done in time and in eternity,

by me, in me and through me. Amen

Teresa of Ávila



Psalm 22:1-5

My God! My God! Why have you abandoned me? Why are you so far from delivering me — from my groaning words? My God, I cry out to you throughout the day, but you do not answer; and throughout the night, but I have no rest. You are holy, enthroned on the praises of Israel. Our ancestors trusted in you; they trusted and you delivered them. They cried out to you and escaped; they trusted in you and were not put to shame.

Reflect

Jesus Christ has taken on the experience of the psalmist and all for whom the beginning of the psalm is a familiar situation. He has lived through it, died in it and, in the dying, transformed and redeemed it. The cross is not just the punishment of one man but the suffering of humankind, willingly undergone in fulfilment of the Old Testament prophecies, offered on behalf of all people for their salvation.

We trust in the God who has already redeemed us, who has shown his care for us in the past and continues to love us.

We trust in the Son, who shares our suffering, bearing his wounds willingly for our sake.

We trust in the Spirit, whose life-giving breath infuses every moment with hope offering the certainty that this suffering will be redeemed and transformed.

But the resurrected Christ still bears the marks of the cross. For us, waiting in between times, living in a flawed and broken world, flawed and broken ourselves, lament and praise must go hand in hand.

Questions

What do you lament? What do you praise?

Prayer

*Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways submit to him, and he will make your paths straight.*

PROVERBS 3:5

Father of all, help me to place my trust in you, even when it seems as if my paths are far from straight. Give me courage to rely upon you, and hope that my trust will be rewarded. Amen

‘God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars.’

Martin Luther

Evidence that God’s love extends throughout his creation is found in the entire Bible, rejoicing in the capacity of nature to reveal not only God’s love for the world and those who inhabit it, but also God’s endless creativity and imagination. Jesus constantly uses examples taken from nature to illustrate aspects of God’s kingdom and our own behaviour within it. We are taught to appreciate landscapes and to learn from the details of flowers and the behaviour of birds.

As you journey today, let your senses be filled with wonder at your surroundings, so that you learn from and rejoice in the gifts of the natural world.

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