

Grief & Lament

May 2, 2021

In light of the passing of Nicholas Song, here is a spiritual exercise of silence, listening to Scripture (lectio divina), personal reflection and group prayer.

Begin with a time of quietness and preparation. Find a suitable posture. Slow your breathing. Acknowledge God's presence.

Use the Prayer of Release:

"God, I confess my desire to hold onto _____"

"God, give me the courage to release my _____ into your hands and entrust my _____ to you."

"God, I humbly offer you the empty space that my _____ once filled. Fill the space with more of you. In Jesus' name. Amen."

Select any of these Scripture passages (and any others which come to mind)

- **Lamentations 3:19-26**
- **2 Corinthians 1:3-7**
- **2 Corinthians 4**

Read through the passage several times slowly. As you do so, what thoughts and feelings is God bringing to mind?

As you complete your listening to Scripture, enter in praying for and interceding on behalf of those in need and suffering. As prompted and led by God, reach out with care and support.

And for those who are experiencing grief, we pray that you may know God's deep love and comfort in the midst of your pain, that you would know your suffering is our suffering, and that you will experience healing and peace in the days to come.