

Empty Chair

This year has been a challenge to all of us. Whether our pain is experienced through the vein of sickness, loneliness, economic loss, or systemic oppression and racism, true pain has reverberated through America like seismic rumblings. The level of grief and uncertainty has brought forth waves of anger that can be heard as well as felt. We know we are invited by the Lord to lament, but rarely are we encouraged to pour out our raw emotions to God, beat upon the Father's chest, and ask the hard questions. We know, though, throughout the scriptures and especially in the book of Psalms, that our honesty and transparency is a form of worship. Intimacy flows from vulnerability.

Consider the wrongs that have been done to you this year.
Bring to mind any ways you directly or indirectly hurt someone else.
Tell God whatever is on your heart. Be brave and be vulnerable. God is listening.
Psalm 143: 1 "Lord, hear my prayer, listen to my cry for mercy." As a good Father and a good friend, the Lord does not rush to tell you that you are wrong. He is not quick to condemn. He is Emmanuel, God with you. Write out your prayer.

Now, after having paused and poured out your heart to the Lord, invite Him to speak. He can speak through the scriptures or through your own sanctified imagination. What does He say? Journal the response.