

Looking for the Light

a devotional from
ST. CHARLES AVENUE PRESBYTERIAN CHURCH

Saturday, March 28, 2020

by Katie Brendler

Watch And Pray

Psalm 130:1-2,5-6 (CEB)

I cry out to you from the depths, Lord—
my Lord, listen to my voice!
Let your ears pay close attention to my request for mercy!

I hope, Lord.
My whole being hopes,
and I wait for God's promise.

My whole being waits for my Lord—
more than the night watch waits for morning;
yes, more than the night watch waits for morning!

I love how the psalmist doesn't shy away from big feelings. They throw it right out there to God; a big passionate cry of "Hey God! I'm here!"

The last three years of my life have felt like I've moved from one crisis to the next. From my dad's brain cancer, (two brain surgeries, chemo, radiation, hospice and death), my mom's cervical cancer diagnosis on the day dad died (her surgery, chemo, and radiation), the death of a long time family friend, my mom's throat cancer diagnosis (chemo, radiation, and death), my uncle's death, and a close friend's death - I have had a lot of big feelings. I have very often felt like I've been the night watch the psalmist mentions, longing for those first rays of sun.

The song "[Watch and Pray](#)," has been the outpouring of my soul countless times during the chaos of my last few years. I believe it captures both the hope and the pain the psalmist speaks of in Psalm 130.

*Watch and pray. Watch and pray.
Won't you stay with me? Oh remain with me.
Oh, suffering God, how you know loneliness.
Oh, suffering God, how you weep for us.
Oh, suffering God, how you know injustice.
Oh, suffering God, won't you stay with us?*

Watch and pray. It is a simple statement but holds so much power. When you feel like there's nothing left inside, nothing more you can do, simply watch and pray. God feels and understands

our pain. We don't have to hide it from God, or pretend that everything is okay. It's okay to not be okay.

So, I will remember the love that is like a flicker of light, and I will sing from the shadows.

Food for thought:

- What are the things you want to cry out to God?
- Does sharing your pain give you strength to face the day?
- Sometimes feelings can be so big, they're hard to name. Things like listening to music, reading, moving the body, or art can be ways in which we can pray without words. Try experimenting with something new or going back to activities you've moved away from.

Will you pray with me?

Sovereign God,
From the depths we cry out to you.
Hear our call.
The night feels long
and the shadows surround us.
But as we wait,
we trust in your unfailing love.
Your light is our hope in the darkness.
Stretch out your hand,
draw us close.
Stay with us.

In your holy name we pray, Amen.

And so, as you watch and pray, I offer you my favorite blessing:
May every sunrise hold more promise
and every sunset hold more peace.

To hear John's song "Watch and Pray," [click here](#).

To send us your prayer requests, click on [this link](#) and our church staff and prayer group will add you to our weekly prayer list. You will have the option to specify your request as confidential.

If you would like to contribute to our daily devotionals, please email Pastor Sarah, sarah@scapc.org.

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