

# Looking for the Light

a devotional from  
ST. CHARLES AVENUE PRESBYTERIAN CHURCH

Saturday, April 4, 2020

by Bria Rault

## Read:

- <sup>9</sup> Be gracious to me, O Lord, for I am in distress;  
my eye wastes away from grief,  
my soul and body also.
- <sup>10</sup> For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.
- <sup>11</sup> I am the scorn of all my adversaries,  
a horror to my neighbors,  
an object of dread to my acquaintances;  
those who see me in the street flee from me.
- <sup>12</sup> I have passed out of mind like one who is dead;  
I have become like a broken vessel.
- <sup>13</sup> For I hear the whispering of many—  
terror all around!—  
as they scheme together against me,  
as they plot to take my life.
- <sup>14</sup> But I trust in you, O Lord;  
I say, "You are my God."
- <sup>15</sup> My times are in your hand;  
deliver me from the hand of my enemies and persecutors.
- <sup>16</sup> Let your face shine upon your servant;  
save me in your steadfast love.

Psalm 31:9-16 New Revised Standard Version (NRSV)

## Reflect:

Today marks my daughter Frances's six-month birthday, something I've been looking forward to for weeks. I know it's not an actual birthday, but she's halfway through infancy, hitting new milestones, and showing off her personality more and more each day. With that also comes new struggles in parenthood. Why is my normally happy baby suddenly so fussy? Why won't she sleep anymore? Is she teething? Is she going through a growth spurt or maybe it's another sleep regression? Can she experience all those things at once? How do I know I'm doing the right thing for her?!

I've been fully consumed these days by trying to sleep/nap train her so we can all get back on track with the rest we desperately need. I can relate to the psalmist's description of feeling so broken. Thankfully though my brokenness isn't due to enemies trying to take me down, just Frances being stubborn. If you see my tired eyes walking in Audubon Park in the afternoons, you might flee from me too.

It has taken a lot of perseverance to get her to learn how to sleep on her own again. She isn't quite there, but with a lot of love and tears from all of us, we are making progress. Focusing on getting enough sleep has been a good distraction from this pandemic, but still not the way I thought I'd be spending my days this spring. We are all persevering through this pandemic, each in our own ways. Some days I forget the pandemic is happening, other days it's all consuming and causes intense anxiety. From FaceTime to Zoom, it's been a blessing being able to watch how everyone else has been making the most of this new time where we've been forced to slow down. Whether we are home bored or fighting on the front lines, I'm hopeful we will come out the other side of this pandemic better than we were before. With a lot of perseverance, love, and tears too, we will survive. One day at a time. One hour at a time. My mantra for each day.

**Ask:**

1. How have you been persevering through this pandemic? What have you focused on during this time to get you through the day?
2. Where/when/how are you able to feel God's love during these difficult times?

**Pray:**

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of every one who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

Salvation is of the Lord.

Salvation is of the Christ.

May your salvation, Lord, be ever with us.

**Christ Be With Me – St. Patrick**



*Frances Rault, 6 months*

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*If you would like to contribute to our daily devotionals, please email Pastor Sarah, [sarah@scapc.org](mailto:sarah@scapc.org).*

[www.scapc.org](http://www.scapc.org)

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