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# FIFTH SUNDAY OF LENT - MARCH 29

**Describe a recent time you were upset about something and what made you feel better.**

*Note: If you are with a group, have each person take a turn sharing.*

## **Scripture Reading: Psalm 130**

*Out of the depths I cry to you, O Lord.*

*Lord, hear my voice!*

*Let your ears be attentive*

*to the voice of my supplications!*

*If you, O Lord, should mark iniquities,*

*Lord, who could stand?*

*But there is forgiveness with you,*

*so that you may be revered.*

*I wait for the Lord, my soul waits,*

*and in God's word I hope;*

*my soul waits for the Lord*

*more than those who watch for the morning,*

*more than those who watch for the morning.*

*O Israel, hope in the Lord!*

*For with the Lord there is steadfast love,*

*and with God is great power to redeem.*

*It is God who will redeem Israel*

*from all its iniquities.*

## **Reflection**

This morning's scripture is from the book of Psalms, which is an entire book of songs and prayers written to God. Some of the psalms are really happy, but not all of them. In this song, the psalmist is deeply upset and looking for comfort and hope by crying out to God.

The psalmist cries out to God from the depths - a place of grief, despair, and deep worry. But as we read on, we can hear how the psalmist has faith things won't stay that way. The psalmist trusts God will listen to their cries and bring them up from the depths. It won't be immediate, though. There will be waiting.

Waiting is a hard thing to do. The psalmist tells us while they waited, they used that time to repent. Repentance means changing your mind. It's letting how you see yourself and the world be transformed. It can involve saying good-bye to old things or old ways of living and being. Like the psalmist who wrote this whole song with hope from the depths of pain, we too are waiting.





