

A Cry for Help

*Then the devil took him to Jerusalem,
and placed him on the pinnacle of the temple, saying to him,
“If you are the Son of God, throw yourself down from here,
for it is written, ‘He will command his angels concerning you, to protect you,’
and ‘On their hands they will bear you up,
so that you will not dash your foot against a stone.’”*

*Jesus answered him,
“It is said, ‘Do not put the Lord your God to the test.’”*

Forty days trapped in the desert
Forty days adrift at sea
Forty months in detention
Forty years of trauma

We have just this one fragile life.

Let your heart break
with those for whom life is
a never-ending nightmare
filled with fear and despair
uncertainty and dread
for whom this is all there is
and perhaps all there ever will be

Let your heart break
with those who face a future
surrounded by barbed wire
or walls as impenetrable as concrete

Those who cry out “Save us!”
“Rescue us! Free us!”

Is God being tested here?
Or are we?

Let your heart break
with those who only know
the ache of gnawing hunger
who will die today
empty-stomached
or empty-hearted

Let your heart break
with those who do not see
today’s sunshine
but who live only one long night

Do not fill their darkness
or this space
with platitudes.

Let your heart break
And then let your prayer begin...

*Light a candle in prayer.
Live your life as a prayer.*