



Lent reflection for March 6, 2025

Click [here](#) to listen to the podcast!

Psalm 3: 1-8

*O Lord, how many are my foes!
Many are rising against me;*

*many are saying to me,
'There is no help for you in God.'*

*But you, O Lord, are a shield around me,
my glory, and the one who lifts up my head.*

*I cry aloud to the Lord,
and he answers me from his holy hill.*

*I lie down and sleep;
I wake again, for the Lord sustains me.*

*I am not afraid of tens of thousands of people
who have set themselves against me all around.*

*Rise up, O Lord!
Deliver me, O my God!
For you strike all my enemies on the cheek;
you break the teeth of the wicked.*

*Deliverance belongs to the Lord;
may your blessing be on your people!*

Today's Reflection is from Missy Trull:

"the one who lifts up my head"

I find this phrase incredibly tender. It reminds me of my mother's embrace after losing a soccer game or of my father rocking me in a chair after my cat died. It reminds me of my friend sitting in silence with me on a beach after my heart was broken or of a group of friends around a dinner table for the first time after the pandemic, no masks. It reminds me of watercoloring for days in my room after my grandmother died, the beauty, movement and quiet of painting holding my grief. The phrase reminds me of the moments I was given comfort, hope, a way to move forward when I could not see a way on my own.

This is how I feel right now, most days, like I cannot see the way forward through all that is happening in our country, and world. I am grateful we will be working through the psalms of Lament together this Lent because they are written by people who also cannot see a way forward. What I love most about the psalms of Lament is that they are honest. My text even talks about 'breaking the teeth' of their enemies—there is real, raw anger in these texts, raw sadness, raw fear. And all this expression of true, difficult emotion is held in and by, prayer.

The psalmists are speaking to God, sharing with God out of a belief that God cares. Even in their anger, pain, heartbreak, they believe that God cares. I think this demonstrates for all of us that our feelings are wanted by God and gives us permission to feel, express, and ultimately to hope that in expressing these things to God and one another, something happens. Maybe we discover something about ourselves, maybe God guides us, we draw closer to God or to one another, and eventually maybe we find ourselves feeling less alone, a bit relieved, comforted, maybe we realize that in sharing and being heard, we are changed. I think sometimes when we can be honest with God, we can be honest with ourselves, and a lot can happen in this breaking open into genuine relationship.

These are difficult days and there doesn't seem to be an end in sight. This Lent, may we find the courage to share with God as the psalmists do, with genuine feeling—no matter the feeling; And may we all look for “the one who lifts up our heads,” noticing the way God may be trying to love us into comfort, guidance and unimaginable hope.



Missy Trull has been attending Holy Apostles for 5 years and is grateful for this community. She lives in Queens with her husband Matt, toddler Avery and dog Chauncey. These days she spends her time working as a pediatric chaplain and at children's museums and parks!