



Faith and Everyday Life

Below is a sample of LCN's Faith and Everyday Life devotions, available on the [LCN website](#) and designed to be reprinted or reposted in congregational bulletins, newsletters, websites and bulletin boards.

January

*He will wipe every tear from their eyes.
Death will be no more;
mourning and crying and pain will be no more,
for the first things have passed away. (Revelation 21:4)*

Take a moment to read this verse, once through. Notice your reaction, the state of your heart, your body. Are you tense? Relaxed? Distant? Trusting?

While this verse is comforting for some, my personal and professional life has made me keenly familiar with death, suffering, pain, and trauma. Every day I find myself crying out to God for justice and mercy, for help in time of need. Must we wait until we return "home" in Heaven for God to heal and renew us? Miracles happen, but often this is not the case and suffering results. How can we find respite in this Scripture when our suffering feels so invasive and destructive now?

Scripture reminds us to return to the story of Christ, who asked this question in his final breath on the cross: "My God, my God, why have you forsaken me?" (Mark 15:34; Psalm 22:1). Christ's cry from the cross illustrates that God is present with us to speak to, mourn with, and even to accuse. May we be bold to *assume* God's presence is alive and near, especially when our pain is at its worst. What if we were to close our eyes and imagine God leaning down, wiping our tears away, drawing us near and holding us *now, at this very moment*. When we do this, we experience a glimpse of Heaven on Earth, and we find true hope.

Now take a deep breath and read this verse again, slowly. Notice your spirit, your body, as you read it. If you wish, repeat this process until you feel a sense of being at home with God, even in your suffering. Feel God's presence with you, wiping away your tears, drawing you near. Feel within you a sense of God's hope, God's peace, and even God's joy.

Written by a staff member of Lutheran Counseling Network