



Lenten Reflection for Thursday, March 31st

Erin McNaughton

You can listen to the reading and reflection by clicking [here](#).

Psalm 126

When the Lord restored the fortunes of Zion,
Then were we like those who dream.
Then our mouth was filled with laughter,*
and our tongue with shouts of joy.
Then they said among the nations,*
"The Lord has done great things for them."
The Lord has done great things for us,*
and we are glad indeed.
Restore our fortunes, O Lord,*
like the watercourses in the Negev.
Those who sowed with tears*
Will reap with songs of joy.
Those who go out weeping, carrying the seed,*
will come again with joy, shouldering their sheaves.*

The reference to the waterways of Negev really struck me. Negev is a desert, I imagine, an unforgiving landscape to survive in. Every few years, rains from miles away cause the dried and chalky riverbeds to swell, bringing water and joy to the region.

The desert reference is also tucked in after four verses of celebrating what the Lord has done for Israel. Tucked in, perhaps, as a reminder that life is not always so bountiful; that days and years of faith carried people to more joyful times.

When I feel good and vital in my body, mentally clear, the apartment is clean and tidy, I often believe “I did this “or I got the formula to life! Usually, I’m not reflecting on what God has done for me.

And, when I struggle to have a routine, or the courage to step outside my comfort zone, when I feel desperate in my desert, I will turn to God. I will ask for guidance and faith to “take the next right step”. Prayer and community will sustain me. Meditating on God’s word will guide me.

Today, I celebrate all the Lord has done for me. My daughter is currently sleeping on the pull out sofa here for a five day visit. The apartment is clean. I’m 10+ years sober. And now I’m part of a sustaining faith community.

The Lord is good ... see what they have done for me.



Erin McNaughton lives a few blocks from the church and started coming in 2018 and regularly in 2019. She’s found a reconciliation with her childhood faith through this community. She spends a lot of time with her dog Bella in the park and is excited for gardening season.