

Daily Reflection

April 6, 2020

I wager that everyone reading this has some major regret, something done or left undone that still haunts you. It's hard to shake deep shame, even with faith in a loving God. Perhaps faith enhances the sorrow that we have failed to be God-pleasing. Today's [Daily Office readings](#) include this portion of Psalm 51:

¹¹ Create in me a clean heart, O God, *
and renew a right spirit within me.

¹² Cast me not away from your presence *
and take not your holy Spirit from me.

¹³ Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

This is the prayer of King David, offered after the prophet Nathan helped him to see his decadence. David stole the wife of his faithful officer Uriah and then had Uriah killed in battle. You likely cannot top *that* for depravity! Importantly, God answered David's prayer.

Coming clean is painful, but it's less painful than perpetual guilt. David was able to move on and be useful to God. What about us? Carrying the burden of regrets just makes us sluggish foot soldiers for the Kingdom. As St. Paul wrote in today's second lesson, God "consoles us in all our affliction, so that we may be able to console those who are in any affliction" (2 *Corinthians* 1:4).

We are needed at full strength on the front lines of peace-making. Is there a burden you need to lay down? Try the prayer that worked for David.

Pastor Kathleen Kelly,

Interim Rector



King David plays the harp in this 1622 painting by Dutch artist Gerard van Honthorst.