

## Daily Reflection

April 8, 2020

The Psalmist in today's [Daily Office readings](#) shares his advice for then and now:

Cast your burden upon the Lord,  
and he will sustain you; \*  
he will never let the righteous stumble. *Psalm 55:24*

There's one little problem. We *DO* stumble, and we know it. What should we make of that?

Lent is a yearly gift, inviting progress toward understanding how and why we stumble. There isn't much time left in Lent for this year, so let's make the most of it! In today's second lesson, St. Paul brings up an issue most of us stumble over. He says this to the church in Corinth about someone who had caused trouble: "[You] should forgive and console him, so that he may not be overwhelmed by excessive sorrow."

Why is it so bloomin' difficult to forgive? The smallest offense can be the most difficult to put aside. It's hard to keep the brain from replaying the incident and reliving the affront. Is it our sense of justice? Our need to be stalwart in defense of all that's right? Unfortunately, the root cause is not so virtuous.

If we really felt good about ourselves, we wouldn't notice slights, real or imagined. We notice, because we are hungry for affirmation. Jesus went to a whole lot of trouble to convince us all how deeply we are loved. May it sink in a bit deeper this year as we approach the cross. May it fill and open our hearts toward one another.

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Interim Rector



*Crucifixion*, oil on canvas, by Charles Edward Kelly