



the
ABB EY

A Reflection on Longing

*I wait for the Lord, my soul waits,
and in his word I put my hope;
my soul waits for the Lord
more than the watchmen wait for the morning,
more than the watchmen wait for the morning,
O _____(your name here), put your hope in the Lord!
For with the Lord is unfailing love,
and with him is full redemption.
He himself will redeem _____
from all my sins.*

The Process:

When you go into the mall you see the big map with a red dot that says, "You are here".

Re-read this section of Psalm 130 and insert your name. Pay attention to your "red dot" as you read. Where are you? Impatient? Open? Confused? Hopeful?

Read the Moment:

What are you hungry for? Waiting for? Hoping for? Start a list. Write them down as they come to you.

What are 1 - 2 of your fondest memories of anticipation?

Reflect on the Moment:

Look at your list from above. Are there any patterns? Anything that stand out to you?

Of your memories, why and how have these marked you?

Respond to the Moment:

One Greek word in scripture for prayer means “to hope forward”.

Pray! (as Eugene Peterson describes: Intensity of spirit at attention before God)

-Ask God for....

-Thank God for.....

-Hope forward with God for....



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