

## **MEDITATION 15, Psalms 29 & 30: “The LORD Restores the Broken Hearted.”**

*“Ascribe to the LORD, O divine beings, ascribe to the LORD glory and strength. Ascribe to the LORD the glory of His name; bow down to the LORD, majestic in holiness.” 29:1-2*

*“O you faithful of the LORD, sing to Him, and praise His holy name. For He is angry but a moment, and when He is pleased there is life. One may lie down weeping at nightfall; but at dawn there are shouts of joy. O LORD, you brought me up from Sheol, preserved me from going down into the pit... You turned my lament into dancing, you undid my sackcloth and girded me with joy, that my whole being might sing hymns to you endlessly; O LORD my God, I will praise you forever.” 30:1-4, 12-13*

Recently I came across a TV series named “Six Feet Under.” The series is about a family whose livelihood comes from laying to rest the bodies of those who have died. Episode one introduces us to the family through a personal tragedy they experienced. The man of the house, the head of the mortuary, has just accepted delivery of a brand new, beautiful hearse. Smoking and driving while talking on his cell phone, he fumbles with a cigarette, looks down and drives through a red light in front of a bus. He is instantly killed. Suddenly a family long accustomed to helping others bury their loved ones is faced with their own personal loss and the emotional turmoil of preparing their own family member for burial.

Sorrow and loss come upon us all. As surely as there is joy at the birth of a new child so is their grief at the passing of a loved one. It is not a matter of if death will knock on our door, it is when. Our loved ones, and we ourselves must go the way of those who came before us.

Is death a sign that God is personally angry with us, seeking to inflict pain upon us? Does God lack compassion? No, Love is intrinsic to God’s nature and death is not final. For the people of God, death is a transition from this mortal existence into the eternal life promised to all who call upon the name of the LORD and walk in His ways. Of course the death of a loved one brings pain and for many, dark depression – for a time. But for those who look to the LORD as their strength and protection, and call upon Him to renew their joy, the time of depression and grief will pass away. By His grace new joy will be poured out into our hearts.

***Prayer: “O LORD, I praise your name and seek your ways. In my loss I pray for renewed joy. I also pray for others who have suffered loss. In your grace carry them safely through grief into renewed joy. Amen.”***