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Reflection for April 10



By Forrest Wells

Through the Valley with Hope

COVID-19 has become our Lenten journey. In a few short weeks we experienced the attack of a virus enemy that has produced suffering, grief, turmoil, confusion, increased economic displacement, interruption of our lives and too much death. We yearn for an end of this pandemic. A return to normalcy would bring a type of resurrection joy.

“Stay at home” orders and fear of contagion is so hard. We as a society are walking though the valley of the shadow of death. For me, as a single person, it is so difficult to be in isolation. It was a challenge to know who to ask to sign my absentee ballot! But I am not really alone!! This dark valley we are in is not permanent. I understand the 23rd Psalm in a whole new way:

Even though I walk through the valley of the shadow of death, I will fear no evil;

For You are with me;

You prepare a table before me in the presence of my enemies; (vs 4-5 partial)

The promise is so beautiful. Though we are in a difficult time of agony and darkness, this is temporary. We are walking **through** the valley, we are not going to stay in it. Wondrously we are not alone in this journey, God is with us and will see us through. God provides a table of blessing for us even in the midst of our enemies of fear, loneliness, battling disease and yes even in death.

Today, Good Friday, we give thanks for Jesus, who took upon himself our iniquities and all of our diseases including death. He died upon that cross for us! Then, we look toward the Resurrection celebrating that Jesus went **through** the valley of death to life! Christ now walks through the valley with us. We are not alone. God is with us. Thanks be to our living God! Amen.