



COMFORT FOR THE QUARANTINE (WEEK TWO)

DAY ONE (“HOW LONG WILL THIS PAIN LAST?”)

Read

How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? (Psalm 13:2)

Reflect

1. What questions for God do you have about *your* feelings?
2. How do you feel about being this open and honest in your complaints to God?

Consider

1. What concerns do you have about the length of time you will be experiencing these feelings?
2. Describe how long you have actually been experiencing these feelings? (Note: If you’ve been stuffing down or otherwise avoiding your feelings, you may not have started processing yet.)

At Bel Air Church, you have the opportunity to share your feelings and concerns in a safe place and to learn more about how to navigate the emotions you’re experiencing. Visit belair.org/how-can-we-help/ or reach out to Caring@belairpres.org for more information.

Ask

What can I do today that will help me bring into the light how I am really feeling? Do I have the vocabulary to be able to articulate my emotions? Do I need to in order to communicate with God? I will talk to God now and trust that even my groans and sighs can be a form of prayer God can interpret and understand.

Pray

Take this time to try and share with God how you are feeling.



DAY TWO (JESUS UNDERSTANDS SUFFERING)

Read

He was despised and rejected by others, a man of sorrows, and familiar with suffering. Like one from whom others hide their faces he was despised, and we esteemed him not. (Isaiah 53:3)

Reflect

1. According to the passage above, what did Jesus face during his life on earth?
2. Which of the above experiences have you faced during this challenging season?

Consider

1. How is it comforting to know that Jesus was a “man of sorrows”?
2. How often do you tell Jesus about your sorrows?
3. Write a short prayer telling God the difficulties you are facing today.

Ask

How much of me can Jesus handle? If I really shared all of who I am and how I’m feeling with God, would God still remain near and have compassion for me? I will talk to God now and attempt to share the fullness of who I am trusting that God can relate to the difficulties I am facing today.

Pray

Take this time to share with God the fullness of what you are experiencing.



Bel Air
CHURCH

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DAY THREE (A PLACE OF REST)

Read

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matthew 11:28–30)

Reflect

1. Whom does Jesus invite to come to Him?
2. What can you expect to receive from Him (if you go to Him)?

Consider

1. How would your life benefit from the rest and peace that He offers?
2. What holds you back from going to the Lord to receive help?

Ask

What would it feel like if I were to lay down my burden? Why do I believe this is my burden to carry? Can I give myself permission to rest from my weariness? I will talk with God now and listen again to the invitation to find rest for my soul.

Pray

Take this time to practice releasing your burdens at Jesus' feet.



DAY FOUR (EXPRESSING YOUR GRIEF)

Read

[After King Saul, his son, and Israel's army were defeated:] Then David and all the men with him took hold of their clothes and tore them. They mourned and wept and fasted till evening for Saul and his son Jonathan, and for the army of the LORD and the house of Israel, because they had fallen by the sword. (2 Samuel 1:11–12)

Reflect

1. How did David and his men express their emotions?
2. How does our culture engage our emotions differently from the way they did in ancient Israel?

Consider

1. Are others involved with you in your journey? Why or why not?
2. How do you express your emotions?

Ask

Am I afraid of what I will encounter if I express my feelings unrestrained? Is there anyone in my life that could witness this with me? What are some safe and healthy ways I could express my feelings that wouldn't harm myself or others? How do I feel about asking for help from a trained professional? I will talk with God now and share my fears and concerns with fully expressing how I am really feeling.

Pray

Take this time to courageously approach God with all your fears and concerns.



DAY FIVE (GETTING A HANDLE ON ANGER)

Read

“In your anger do not sin”: Do not let the sun go down while you are still angry. (Ephesians 4:26)

Reflect

1. What limit is there to your anger?
2. How has your anger led you to sin?

Consider

1. What are examples of healthy ways you can release your anger?
2. If you have hurt someone as a result of your anger, name anyone you may need to apologize to.

Ask

Is anger my primary emotion? Are there other feelings I'm feeling that express themselves as anger? Is there anything I need to pay attention to that my anger is highlighting? I will talk with God now about my anger knowing that God can handle it and welcomes me even when I'm angry.

Pray

Take this time to explore with God feelings you may be experiencing underneath your anger.