

A Blessing For These Uncertain Times

*We're in over our heads.
We've not been here before.*

*May we breath in the reality that we are not drowning.
We are not alone.*

*We're in rough waters – they are turbulent with
uncertainty, anxiety, restlessness, and fear.*

*May we reach out, allow ourselves to be held,
and not go down.*

*We're between a rock and a hard place –
there is no end in sight. This is so uncomfortable.*

*May we remember that this is not a dead end.
The path leads to life one step at a time.*

*May we breath in, reach out, and remember:
We belong to one another,
and to the One who is with us;
We do not need to fear.*

-by Christa Hesselink

-Adapted from Isaiah 43:2