

Monday, March 10, 2025



Day 05

*“Be gracious to me, O Lord, for I am in distress; my eye wastes away from grief, my soul and body also.”*

—PSALM 31:9 (NRSV)

## Reflect

Our bodies have a way of letting us know when something’s weighing on us. Maybe it’s a fluttery stomach, a foggy brain, or just feeling completely wiped out. When those signals show up, it might help to pause and gently check in: What’s been bothering you lately? What’s been sitting in the background, waiting for a little more care and attention?

It doesn’t have to be all at once—just bit by bit. And as you listen, even a little, you might find that truth has two close cousins: hope and peace, which are ready to meet you where you are.

## Respond

Palliative care physician Kathryn Mannix once told a story about exploring emotions, one layer at a time. She would gently ask, “What’s underneath that sadness?” and let the answer reveal itself.

If you’re feeling off, maybe just take a moment to check in with yourself. You don’t have to have all the answers—sometimes just noticing what’s there is enough. Be curious, not critical, and let things unfold at their own pace.

---

# Blessing for truth-telling— however bitter or sweet

*Blessed are you,  
refusing to reframe.  
You who are tired of silver linings.*

*Blessed are you the sincere,  
especially when the world around you  
craves a bright side.  
You who speak honestly about  
what is right in front of you:  
This is hard.  
Things might not get better.  
This really has gone horribly.  
There may not be a different way.*

*Bless your gratitude  
and your pain,  
your pleasures and your limitations.*

*Blessed are you, the truth-teller.  
And what a miracle it is when  
your candor finds a chorus  
that echoes back:  
“Same.”  
The friend who will hear it.  
The parent who will stomach it.  
The partner who doesn’t roll their eyes.*

*They hear you.  
And it feels like a revelation.  
Every. Time.*

*May you feel your truths answered  
by this language of love,  
changing where you can and  
confirming where you can’t.*

*But loved, loved, loved all the same.<sup>5</sup>*

---

<sup>5</sup> Kate Bowler and Jessica Richie. “For Truth-Telling — However Bitter or Sweet” in *The Lives We Actually Have: 100 Blessings for Imperfect Days*. (New York: Convergent Books, 2023). 28-29.