

# Workplace reflections for Lent

## When things are on top of me

**Save me, O God, for the waters have risen up to my neck. I am sinking in deep mire, and there is no ground for my feet. [Psalm 69: 1&2]**

When we feel overwhelmed and utterly out of control, particularly in the work situation, we rarely have the will or energy to turn to God in prayer, because we have very little hope in our hearts. That is because too often we confuse hope with optimism. The two are not the same. It has been well said that

*'Hope is always humble and frequently disappointed.*

*Hope is not the house. Hope is not even the hands that built the house.*

*Hope is the hands that build the rubble into some kind of shelter for the night when the house is ruined ...*

*It is not to be confused with optimism, which is a conceited cousin'*

*(Robert Speight: The Property Market)*

Build your rubble into a shelter for the night – and wait for the dawn!

*The hour is coming, indeed it has come, when you will be scattered, every man to his home, and will leave me alone: yet I am not alone, for the Father is with me. I have said this to you, that in me you may have peace. In the world, you have tribulation: but be of good cheer – I have overcome the world.*

*[John 16: 32-33 ]*

**Prayer. Help me, Lord, during this time of darkness to build the shattered rubble of my house into a shelter for the night. Grant me the virtue of hope, and as I trust in you, let me not be confounded at the last. Amen**

*By Geoffrey Brown*

