

## WEEP & REJOICE

9/27/20

In just a few minutes Steve will share with us some words and thoughts around Scripture found in Romans, and I wanted to invite us into a spiritual practice around one of the verses he'll touch upon... which is, **"Rejoice with those who rejoice - weep with those who weep."**

### THE INVITATION

This verse has a bold invitation in it - because it doesn't say - do one or the other.. Either/or. ...It doesn't say - rejoice or weep when you feel it. Or feel like it. It says rejoice with those who rejoice... and weep with those who weep.

It is bold b/c it asks us to pay attention to those around us - to learn/listen/acknowledge - to connect with their pain and joy - that we might not feel yet.

I want to ask you this morning to name what you "weep for. . ." and "how you rejoice" - and I'm going to ask you to type those things in the chat - so that as a community we have a collective awareness, when it's time .

### WEEP

I realize though, that many times we might be scared to say what we weep over. .. afraid it will be judged, we'll be judged... that it's too small in the scope of the world.. Or that it's too big, for the intricacies of our lived lives. Or that we might somehow need to prove our weeping as worthy (w/ the details and justification for our pain). And so many of us hold this weeping in silence. Hold it inside of our bodies. With fear.

**But i want to encourage you with the words of AUDRE LORD - a black, feminist, lesbian, mother, poet, and activist, says,**

"If we wait in silence for the luxury of fearlessness, the weight of that silence will choke us... for it isn't difference which immobilizes us - but silence. And there are so many silences to be broken" - Audre Lord, 6

**And so the invitation this morning is to speak.. Through weeping and rejoicing.**

**To weep - is to speak against the evils of the world.. That hit us personally and collectively... To weep - is to** mourn the ways our human spirit/dignity has been trampled upon - trespassed. .

And to weep with others who weep - even if we don't weep yet for that same thing - is to reclaim that we are all one body in Christ... that the parts of each of us individually impact the whole...that community - this beloved community.

Community is this hedge.

A hedge of heart and sensitivity of spirit - a way of being connected to one another across difference.

With love, humility, and vulnerability as it's most recognized forms.

And so today, I'm going to give you a moment to reflect on, **"What is it you weep for?"**

- Give a moment -

And when you are ready type this in the chat...

You don't need to say WHY.

I won't read your name.

But I will read what you weep for - in the company of what others weep for... and we'll pray for what our community today is weeping over and we'll have a collective response as the body of Christ.

*(read aloud what comes through the chat)*

We breathe and know that Jesus weeps:

Not a declaration - but an openness (to feel).."**I weep with you**" **AND we are going to say that 4 times (and we'll take it slow, as a prayer):**

I weep with you

I weep with you

I weep with you

I weep with you

We weep with you.

Amen.

## **REJOICE**

Weeping is our body's way of keeping at bay the evils that try to penetrate our beings -and it is a way to make room for rejoicing.

**Howard Thurman says...**

"The evil in the world around us

must not be allowed to move from

without to within. **Drink in the**

**beauty that is within reach, clothe**

**one's life with simple deeds of**

**kindness, keep alive a sensitiveness**

**to the movement of the spirit of**

**God.** Howard Thurman's *Meditations of the Heart*, 1953

And this is not trite rejoicing - it is rejoicing in the company of weeping. One that informs the other. Not one that is in place of the other.

So I ask you to name what beauty - what simple deeds - you rejoice in these days? So that we all too, can rejoice with you.

**2) What do you rejoice in these days?**

A minute to reflect

- Post in chat. (same - i'll read your rejoicing - but not your name!) and we'll have a collective response together.
- Read out loud the chats..

**Yes and amen.**

**Response (4 times):**

**I rejoice with you**

**I rejoice with you**

**I rejoice with you**

**I rejoice with you**

**We rejoice with you!**

**Prayer**

Oh Weeping and Rejoicing God,

How you must ache for us whose commitment to love, mercy, compassion, justice and integrity, is waning - - and yet how you must rejoice with us for trying.

And oh how you must come close to our pain - as you lean in to wipe our tears - that some days fall without ceasing - into our pillows at night, our kid's hair as we tie their shoes, and on the pavement as we walk to find you... and how you must rejoice as we keep moving - keep moving.

Thank you for being in our weeping and our rejoicing - our weeping and our rejoicing - forevermore.

Amen.