

Take-Home · Session 3

When the Cares of My Heart Are Many · Psalms 42-43; 1 Kings 19

WHAT WE FOUND

God's own prayer book is roughly one-third lament: tears, fear, complaint, all addressed to God, which is itself the act of faith; you do not file grievances with someone you have abandoned. Psalm 42-43 taught us the inner conversation: three times the psalmist addresses his own soul ("Why are you cast down, O my soul... Hope in God"), neither obeying his feelings nor denying them. Then Elijah, soon after his greatest triumph, collapsed under a broom tree and prayed to die, and God began with no rebuke at all. Watch the order: he sleeps, an angel wakes him and says "Arise and eat," he eats and lies down again, the angel comes a second time and feeds him again, and only then does he travel. Before God addressed what Elijah was for, he attended to what Elijah was made of. Then a whisper at the covenant mountain, then a mission, then the end of his isolation: seven thousand who had not bowed (a remnant, correcting his belief that he was the only one left) and Elisha, an actual companion. The body shares in the dignity of the image of God (CCC 364); sometimes the most spiritual thing available is a meal and some sleep.

VOICES OF THE CHURCH

St. Augustine (Expositions on the Psalms, in substance): the Psalms are the prayer of the whole Christ, head and members. When you pray a lament you are not alone in the dark; Christ and the Church pray it with you.

St. Teresa of Ávila (Foundations, ch. 5): "the Lord walks among the pots and pans." God is to be found while the ordinary duties are being done, not only after them. If that is true of a kitchen, it is true of a tired body.

St. Pio of Pietrelcina (a counsel long remembered as his): pray, hope, and do not worry. Prayer entrusts, hope holds the future open, and worry is the one ingredient that adds nothing.

LIVE IT THIS WEEK

- **Pray one lament, out loud.** Read Psalm 42-43 aloud once this week as your own prayer, unedited.
- **The pocket prayer.** Put "When I am afraid, I put my trust in you" (Ps 56:3) where you will actually hit it: mirror, dashboard, lock screen.
- **One broom-tree mercy.** One concrete bodily kindness this week as an act of faith: real sleep, a real meal, a walk, asked-for help.

Memory verse: "When I am afraid, I put my trust in you." (Psalm 56:3)

Before next session: read Mark 14:32-42, Gethsemane. Bring your Bible; we will need it. (And your sealed envelope comes back to you.)

Catechism this week: CCC 2582-2584; CCC 2585-2589; CCC 364.

This study walks alongside professional care; it never replaces it.