

April 7

Psalm 62:5-8

For God alone, O my soul, wait in silence,
for my hope is from him.

He only is my rock and my salvation,
my fortress; I shall not be shaken.

On God rests my salvation and my glory;
my mighty rock, my refuge is God.

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. Selah

This psalm was written by David in a time of deep betrayal by someone close to him. He is reminding himself of the importance of finding his hope in God and trusting him alone.

There is so much wisdom and promise in this psalm. God is our rock, refuge and a listening ear in our distress. As we spend the weeks leading up to Easter reorienting our hearts to God as our main and only hope, use the words of this psalm to remind you of his character.

Read the text again and praise the Lord for the different attributes you can see in these four verses. Spend a few minutes in thanksgiving for the hope we have in Him!

Remember to wait on Him, pour out your heart to Him, share your sorrow, joy, confusion, and allow Him to be a refuge for you!

Prayer

God, I confess my wandering heart that seeks to solve my own problems. I surrender my heart and my circumstances to you today. Be my refuge, my hope and my rock. Where I am prone not to trust you show me more of your heart for me.

Amen.

—Chandler Miner

Reflection Questions

What does it look like for you to truly wait in silence and trust God as your refuge, rather than trying to solve things on your own?

When was the last time you poured out your heart before God? What might be holding you back from doing so today?

April 8

Read Psalm 62:5-8.

Quiet yourself and ask the Holy Spirit to guard and guide your meditation.

First reading. One-minute silent reflection before God. Take notice of whatever captures your attention in the passage or in your inner experience.

Second reading. One-minute silent reflection. Listen for a single word or phrase that particularly strikes you.

Third reading. Three to five minutes of silent reflection. Listen to how the passage seems to touch your life experience.

Fourth reading. Three to five minutes of silent reflection. What do you feel the passage might be inviting you to do? What is God inviting you to be? How is God inviting you to change? Spend some time in prayer over what you received from God's word, and give thanks for his gift to you.

April 9

Confession & Repentance

How has the Spirit convicted you this week? Confess this to God and to someone else, turn away and repent of it.

April 10

The Forbearance of God in the Garden

The patience and forbearance of the Lord is wildly scandalous and amazing. One of the foremost characteristics of God's nature is his forbearance, also known as, longsuffering.

Paul tells readers, in Romans 2:4, that God's goodness, in how he displays his patience (the withholding of his righteous judgement) is actually meant to lead people to repentance.

As readers of the scriptures, we can initially observe God's forbearance in the first few chapters of Genesis. Moses, in his writing to the people of Israel, details the well-known story of Adam & Eve in the garden of Eden. Most people are very familiar with this narrative but I wonder if we meditate on that scripture repeatedly enough to observe all of the wonderful characteristics of God in that text?

In Genesis 2:16-17, Moses highlights God's command to Adam:

16 And the Lord God commanded the man, "You are free to eat from any tree of the garden, 17 but you must not eat from the tree of the knowledge of good and evil, for on the day you eat from it, you will certainly die."

The operative and intriguing phrase in this command is on the day you eat from it, you will certainly die. In plain English, one might assume this Hebrew phrase, *mot tamut* – literally "dying you shall die", is saying that Adam and Eve would face an instant death upon the moment of their disobedience. But as we continue to read we can observe that instant death is not the case. So then, what does it mean for Adam and Eve to die as they are dying?

Most Christian scholars ascertain this phrase points to a dual-reality of life and death – that Adam & Eve experienced an instant death of their Spiritual life (connection to God) at the point of sin. In addition to their instant spiritual death, their mortality began, triggering their path towards an eventual physical death as well.

What Does This Have To Do With God's Forbearance?

How Genesis 3 Shows Forbearance

Action	Description	How It Shows Forbearance
Delayed death	They don't die physically that day	God doesn't immediately destroy them
Spiritual consequences unfold slowly	Separation, pain, exile—but life continues	God allows them time to live, reflect, and multiply
Promise of redemption (Gen 3:15)	Protoevangelium: the seed will crush the serpent	Mercy is extended even within judgment
God clothes them (Gen 3:21)	Symbol of care and possibly substitution	A gracious provision despite rebellion
Exile from Eden	Banishment with boundaries	Not annihilation, but redirection toward redemption

I think one of the reasons the spirit inspired Moses to include these details highlighting God's forbearing nature is that all of humanity will need to recognize the Holy God is not wanting any to perish but that we would all come to repentance. (2 Peter 3:9)

The biblical authors will transition from following Adam & Eve's failures to talking about all the failures of many others; highlighting how over-and-over-again creation will betray its creator. One thing that is consistent is that God is slow to anger, abounding in steadfast love; a compassionate God full of love and truth. (Exodus 34:6)

—Krys Henry

Reflection Questions:

1. Personal Understanding of God's Character

→ Do I tend to think of God more as a harsh judge or a patient Father? Why?

This question sets the tone for how you personally perceive God's character—essential for everything that follows.

2. Spiritual Awareness

→ Are there areas in my life where I need to respond to God's patience with repentance?

Building on your view of God, this question moves you to examine your heart and the invitation His patience offers.

3. The Gospel in Genesis

→ What does the clothing of Adam and Eve tell me about God's heart for covering shame?

This ties beautifully into the idea of repentance and God's response—not with condemnation, but with covering and grace.

4. Application of Forbearance

→ How can I reflect God's forbearance toward others—especially those who frustrate or hurt me?

Having received patience and grace, this prompts a natural next step: living it out toward others.

5. Awe and Worship

→ How might meditating on God's forbearance increase my gratitude and dependence on Him?

This brings the reflection full circle—moving from understanding and response to worshipful awe.

April 11

Read Genesis 2:16-17 and Romans 2:4

Quiet yourself and ask the Holy Spirit to guard and guide your meditation.

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April 12

Fasting

When hungry, instead of eating, let prayer and dependence be your sustenance.

April 13

Worship

Think on and celebrate what God has been teaching you this week.