**Acquainted with Grief:**

**Reflection:**

There’s no one that understands or cares! Who has walked through the valleys, suffered, been alone and afraid? What can God know about such wretchedness? “*A man of sorrows, and acquainted with grief,* (Isaiah 53:3).” He knows, He’s been there. Whatever you are going through, He understands, and He is there!

**Let Us Pray:**

Pray for the lives that are being disrupted by widespread fear, quarantine measures, and disease. Pray that the grief in our own lives helps us turn to Him who has borne our sorrows and that we in turn may help others through their own sorrows. Pray that we can come together as families, a community, a Church, a nation, a world to confront our problems and help one another rather than letting our private griefs and troubles drive us apart. Pray for those who are ill, isolated, have lost loved one, and those facing job loss or severe financial hardship.

**Recommended Scripture**:

[Isaiah](https://www.biblegateway.com/passage/?search=Isaiah+53&version=ESV) 53

[Matthew](https://www.biblegateway.com/passage/?search=Matthew+26&version=ESV) 26:36-46

[II Corinthians 4:7-18](https://www.biblegateway.com/passage/?search=2%20Corinthians+4&version=ESV)

**Recommended Worship:**

[King](https://www.youtube.com/watch?v=Of5IcFWiEpg) of Kings

[Man](https://www.youtube.com/watch?v=J3SBVpLCnA0) of Sorrows

[How Deep the Father’s Love for Us](https://www.youtube.com/watch?v=jD9-omLKwWI)