

**Devotion, First Week of Lent, March 9, 2025**  
**Rev. Jeanne Simpson**



This devotion is from “Savior, Servant, Friend,” Devotions for Lent.  
May it help you turn everything over to God, who loves you. Jeanne

“For I am ready to fall, and my pain is ever before me.” – Psalm 38:17

It is one of the more painful treatments one can experience. Learning to perform this treatment is not especially complicated, so people of any age can perfect it. And the most remarkable thing is that so little can hurt so much.

It is the silent treatment.

We have all been on both ends of the silent treatment. When someone hurts us, recoiling in silence hurts that other person. Yet, the silent treatment is not only something that we inflict on one another – we sometimes give God the silent treatment. Pain and hurt can mute our prayers as if it were better to remain silent than to bring our hurts and frustrations to God. Yet, Jesus called out to his heavenly father even during a time of profound pain in the garden of Gethsemene. And God invites you to do the same, as we hear in the hymn, “What a Friend We Have in Jesus”:

Oh, what peace we often forfeit!  
Oh, what needless pain we bear!  
All because we do not carry  
Everything to God in prayer.

*Jeanne*