

# ***Seven Spiritual Gifts of Waiting***

By Holly W. Whitcomb

## **Chapter 2: Loss of Control**

### **Spiritual Practice: A Reflection on Finding Your Way**

*"What to Do in the Darkness"*

*Go slowly*

*Consent to it*

*But don't wallow in it*

*Know it as a place of germination*

*And growth*

*Remember the light*

*Take an outstretched hand if you find one*

*Exercise unused senses*

*Find the path by walking it*

*Practice trust*

*Watch for dawn*

*-Marilyn Chandler McEntyre*

Meditate on this poem. How does it speak to your experiences? Create your own list of "What to Do in the Darkness."

### **Questions to Ponder**

1. *Loss of control teaches us to depend on one another.*

- Think of a time when you were in a crisis. What gifts did you witness in others? How did each person's contribution make a difference?
- What contribution did you make? How did that change the situation? If you found yourself in the same situation again, would you do anything differently?
- Can you think of a time when waiting helped you to reach out to others?

2. *Loss of control allows us to surrender to grief.*

- Think of a time you surrendered to circumstances you couldn't control. What was that like for you?
- Is there an area of your life where loss of control might have some things to teach you?
- Is there any grief or loss you need to name and sit with?
- How might you bring the need to surrender to your prayer?

### 3. *Loss of control teaches us resilience.*

- Christian Baldwin says, "The gift of despair [*and I would add, the fit of waiting*] is that it offers us a process for making peace with what is and becoming comfortable with new perceptions." Describe a situation where these words have been true for you.
- Think of a situation where a forced wait made you realize that you were not in control. What did you learn from that experience about resilience?
- What has waiting taught you about resilience?

#### **SCRIPTURE READING: Mark 6:6b-13**

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

#### **RESPONSIVE READING: Verses from Psalm 37**

*Do not fret because of the wicked; do not be envious of wrongdoers, for they will soon fade like the grass, and wither like the green herb.*

**Trust in the LORD, and do good; so you will live in the land, and enjoy security. Take delight in the LORD, and he will give you the desires of your heart.**

*Commit your way to the LORD; trust in him, and he will act. He will make your vindication shine like the light, and the justice of your cause like the noonday.*

**Be still before the LORD, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices. Refrain from anger, and forsake wrath. Do not fret—it leads only to evil. For the wicked shall be cut off, but those who wait for the LORD shall inherit the land.**

*Our steps are made firm by the LORD, when he delights in our way; though we stumble, we shall not fall headlong, for the LORD holds us by the hand.*

**I have been young, and now am old, yet I have not seen the righteous forsaken or their children begging bread. They are ever giving liberally and lending, and their children become a blessing.**

*Depart from evil, and do good; so you shall abide forever. For the LORD loves justice; he will not forsake his faithful ones. The righteous shall be kept safe forever, but the children of the wicked shall be cut off. The righteous shall inherit the land, and live in it forever.*

**Wait for the LORD, and keep to his way, and he will exalt you to inherit the land; you will look on the destruction of the wicked.**

#### **SCRIPTURE READING: Matthew 27:57-61**

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb.