

### **3. Advent resource: A Psalm of Lament and Praise in a time of Coronavirus**

Adapted from a Psalm by the Reverend Kenneth Howcroft of the Methodist Church

How shall we praise you, Lord, our God?

When we are locked down,

how shall we praise you?

When the doors to your house are barred, and your people cannot assemble.

When those desperately in need of money and work cannot even wait in the market-place?

When we have to circle round people in the street,  
and to queue for shops maintaining safe distance?

When we can only communicate by hearing on the phone, or seeing on the screen; or digitally messaging,  
or even just waving through a window?

When we cannot meet our parents and children,  
grandparents and grandchildren, or other family members and friends?

When we cannot touch them in their flesh and blood,  
to know they are really alive?

How shall we praise you?

How, like Thomas, shall we not see yet believe that your son is raised among us?

How shall we praise you?

Lord, we will praise you.

Let all the people praise you.