Seasons of Your Heart: Prayers & Reflections

By Macrina Wiederkehr

Reviewed by Darren Cronshaw

Seasons of Your Heart is arranged in this sequence:

- Taking Off Your Shoes: The Season of Humility
- Standing on Triton: The Season of Hope
- Walking on the Surface of Love
- Making a Trip to the Mountains: The Season of Mystery
- Walking with Strangers: The Season of Faith

Each section offers reflections, poems, and meditations around these themes.

Let me start by just saying that this book is wonderful. It’s the kind of book that encourages me to read it in a prayerful way, perhaps over time, as a means of deepening my relationship with God.

Prayer for a Questioning Heart

In search of the Lord
I turn in search
with no desire
nor any heart
I keep the question alive
and, if I may, always keep the question ever fresh and open
Is it a visit from the land of wounding
amid our answers
happened to our heart.
Might this be a wandering
in search of questioning
a restless searching
of restless people
And I put up all my old prayers
in this language abandoned.

This second reading was a beautiful reflection on Paul’s description in Romans 1:18-25 of humanity standing in ignorance in the image of God and being a day full of pain and perplexity, a future we cannot completely see but holds a hopeful surprise.

Wiederkehr explains that when the woman’s life was described death. When a man took her and did the same thing, she realized that the same could happen again. She then realized that it is easy to give up on people in the middle of their life or end them.

We might think about this as a way of understanding how people might cope with the reality of loss and how God might work in our lives. This book offers many insights into the mystery of life, love, heartache, and hope. The book is a collection of essays that explore these themes, offering a unique perspective on the mystery of life and the human experience.

Creatures of all kinds, animals and people, are our companions as we travel the journey of life.

The joy of flight is the joy of the skies.

Because we are in love

I’ll tell it to the end.

She learned how to become a master of being. She learned how to be present and aware and have the coldness of death.

If this book were to be translated into another language, it would be a beautiful book.

I found myself asking how we can continue to be a people who hope for our church and the world.

In the midst of these challenges, we must ask ourselves what we can do to support and encourage one another.