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PAUSE

REFLECT

My Eyes So Soft

By Hafiz

Don't surrender your loneliness so quickly

let it cut more deep.

Let it ferment and season you

as few human or even divine ingredients can

Something missing in my heart tonight

has made my eyes so soft

my voice so tender

my need of God

absolutely clear.

PRAY

What spice (e.g. cinnamon, basil, etc.) represents how you're feeling today? Take a few moments to have a conversation with God about how you've been *seasoned* during this time of social distancing.

What might you learn from quarantine and (possibly) loneliness this Lent?

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.