

Tuesday: A word of encouragement:

Opening words of welcome:

Welcome dear Friends to this midweek thought for the day. I hope this finds you well and safe, and not too frustrated with being largely confined to quarters! Let's begin with a prayer:

A prayer:

Heavenly Father, thank you for understanding the circumstances and situations you find us in today. Thank you for being with us, and for keeping in touch with us through your Holy Spirit. You know how each of us is feeling right now, and thank you that we can share these moments with one another through the means of modern technology. Please help us to experience your presence and your peace. In Jesus' name. Amen.

Read: Psalm 139

Reflective thoughts:

This psalm is one of my 'return to' psalms, as it speaks so powerfully of the Lord's understanding and knowledge of us through the whole of life. Who we are and what we are doing are open to the constant care of our Heavenly Father. One of the outcomes of this is that we don't have to pretend or rehearse anything as we come to him in prayer – He understands and knows already. [verses 1- 6]

Then this psalm reminds us that through the indwelling presence of the Holy Spirit, God's company is assured wherever we are and wherever we go. [verses 7 – 12] So whether we are self-isolating and confined to our home surroundings, or have limited access to go out and about for exercise or necessary shopping, the Lord is with us, and His infinite resources are available to us.

Some of us will be finding the current situation really hard, not only because of the unfolding events around us, and the urgency of the whole situation, but because we are 'people orientated' in our make-up, we are people who function best relating with others, and preferably face to face, and person to person interaction inspires and motivates us. I am one such person, and thus being self isolating is not the most inspiring place to be! I am deeply grateful for modern technology, and systems like ZOOM! Others of us will be more task orientated, so finding things to do is our challenge. Perhaps you have already cleaned the car three times this week or already deep cleaned the entire house!! Verses 13 to 18 help us appreciate that whatever our personality type or character, our heavenly Father knows us through and through, He knows how we are 'wired' and thus can help us find the best pathways through our personal circumstances.

And the closing verses remind us of the spiritual battle around us, and our dependence upon the Lord and His armour, and the psalm closes with that open, honest relationship with the Lord, for His searching, all-seeing gaze that keeps us in the place of humility and humble honesty with God. [verses 19 – 24]

So, my friends, take courage, keep in touch, stay well and keep safe. And thank you for sharing these few minutes together. One final word: may I encourage you to end each day with compline – a quiet few moments of reflective prayer, as we ask the Lord to watch over us through the hours of darkness.

Prayer:

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon Him our flesh and to suffer death upon the cross: grant that we may follow the example of His patience and humility, and also be made partakers of His resurrection; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy spirit, one God, now and for ever. Amen.

Blessing:

Go forth into the world in peace;
be of good courage;
hold fast to that which is good; render to no one evil for evil; strengthen the fainthearted; support the weak;
help the afflicted; honour everyone;
love and serve the Lord, rejoicing in the power of the Holy Spirit;
And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be with you and those you love, and with those for whom you pray, now and always. Amen.