

Saint Michael and All Angels Parish Church, Bramcote



Wednesday, March 25th, 2020

Bible Readings: Psalm 131; Isaiah 52:1-12; Hebrews 2:5-end
Each reading may be viewed at www.biblegateway.com

Reflection: ①

In today's brief psalm, three different states of mind are described. The first is humility, wherein the psalmist renounces all pride and ambition (*cf*, v1). The second is tranquillity, wherein he has striven for spiritual quiet (*cf*, v2), and the third is hopefulness, upheld by the wisdom and goodness of the Lord (*cf*, v3). Here is the ultimate fulfilment of the promise, "***You will keep him in perfect peace, whose mind is fixed on you.***" There is in every human heart a silent source of disquiet and unrest. Sometimes it's the sense of remorse, sometimes of dissatisfaction, and sometimes of deep foreboding for the future, filling the human spirit with fear. To resolve these feelings we must acquire both peace of conscience and an assurance of God's forgiving love. It is only by this means that we can ever hope to smooth and silence our spirits. For the dissatisfaction which arises from the present, there is one remedy - to cultivate a renewed faith in the wisdom and goodness of God's providence and provision. Those fears which come from our anticipation of the future, can only ever be addressed by our cultivating our faith in God, for God is love to-day, will be tomorrow, and for evermore. We need to place our trust solely in Him.

Prayers:

For those who are fearful

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. **Amen.**

A prayer remembering that God is with us

Lord God, you are always with me. You are with me in the day and in the night. You are with me when I'm happy and when I'm sad. You are with me when I'm healthy and when I am ill. You are with me when I am peaceful and when I am worried. Today I am feeling (*name how you are feeling*) because (*reasons you are feeling this way*). Help me to remember that you love me and are with me in everything today. **Amen.**

"Cast all your anxiety on him, because he cares for you." 1 Peter 5.7