

Saint Michael and All Angels Parish Church, Bramcote



Thursday, 25th November 2021

Bible Readings: [Psalm 125; Isaiah 21:1-12; Matthew 10:34-11:1](#)
(Each reading may be viewed at www.biblegateway.com)

Reflection: ⑦

Psalm 125:1 "Those who trust in the Lord are like Mount Zion."

This is obviously a psalm about trust. Simplistically we would all agree that if we trust in God all will be well. I am not so sure that in terms of our actual behaviour we function in this way. Let's do a little exercise as a way of critically analysing our behaviour.

Taking the imagery of this psalm let's consider deeply what we are paying attention to. Picture a mountain, any old mountain will do. One common factor which we all know about mountains is that in human terms they have been around for a very long time. Now look at your mountain picture and imagine it in different weather conditions; snow, hail, bright sunlight and strong winds.

Ask yourself the question, "Was the weather around the mountain created by the mountain or is the weather something that happens to the mountain?" Stay with this issue for a while, let it sink in.

When we look objectively at our lives does our vision concentrate on that which has always been with us, creating, loving, saving and sustaining us, or are we preoccupied with what is happening to us? Are we looking at Mount Zion or are we responding to the present weather conditions?

"You, O God, have made us for yourself and our hearts are restless
till they rest in you."

Prayer:

Lord, You are high and lofty and none can fully understand Your deep love for Your creation and us Your created beings. Remind us constantly as to who we are in You and enable us to worship and serve You in spirit and in truth. Amen.

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