

**Weekly Devotions
South Holburn Church
8th September 2020**

READINGS

Who will protect me from the wicked? Who will be my shield? I would have died unless the Lord had helped me. I screamed, "I'm slipping, Lord!" and he was kind and saved me. Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer.

Psalm 94:16-19 (Living Bible Translation)

Seek first God's kingdom and what God wants. Then all your other needs will be met as well. So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.

Matthew 6:33-34 (New Century Bible Translation)

If you will humble yourselves under the mighty hand of God, in his good time he will lift you up. Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you.

1 Peter (Living Bible Translation)

"Worrying is carrying tomorrow's load with today's strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength."

Corrie Ten Boom



REFLECTION

There is so much worry around in our society at present. Covid-19 still leaves its mark on all our lives. Folk are worried about health, worried about employment, worried about loved ones, worried about what the future holds. Worry has become second nature to us. In fact, I had a conversation with someone the other day who told me they had sorted lots of things out in their life and now they were worried and losing sleep because they had nothing to worry about! Worrying can become addictive, a way of approach and living in the world.

Faith is an antidote to worry. Jesus calls us to trust God. The New Testament writers repeatedly call on us to cast our worries to God, to trust our concerns to our heavenly Father. In Psalms we see again and again the writers struggling with their worries, but learning to trust God, even amid times of crisis and concern.

The reason we can trust God is because God loves us. And if God loves us, then God can and will only act for our good, even when it's not always what we expect. The call of faith is to let go of our worries. To hand them over to God. When we do that, they are not longer ours alone, they are shared with God. And therefore, we no longer bear them alone. They are shared. And that brings relief to our lives, it brings hope even when we feel broken and bereft.

Try sharing your worries with God. God is never too busy, too far away, too majestic, to hear your concerns, or to help you carry the load.

PRAYER

Invincible God,
Mighty one,
Master of creation,
Lord of mountain top and valley floor,
There are days when worry weighs us down,
Times when we feel assailed by troubles.
At those times draw near to us,
Nudge us toward your presence,
And remind us that we are not alone.
As difficult as it seems,
Enable us to entrust our worries to your care,
Knowing that you are more powerful even than the
most dreadful of our fears.
And so, bless us with the peace of seeing hope
Even in the darkest of times.

In Jesus name,
Amen.

