

**Weekly Devotions  
South Holburn Church  
21<sup>st</sup> September 2021**

**READINGS**

The righteous cry out, and the LORD hears them;  
he delivers them from all their troubles.  
The LORD is close to the broken-hearted  
and saves those who are crushed in spirit.  
The righteous person may have many troubles,  
but the LORD delivers him from them all;  
he protects all his bones,  
not one of them will be broken.

*Psalm 34:17-20*

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

*Jeremiah 29:11-13*

All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

*Matthew 11:27-30*

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. To the one who is victorious, I will give the right to sit with me on my throne, just as I was victorious and sat down with my Father on his throne. Whoever has ears, let them hear what the Spirit says to the churches.

*Revelation 3:20-22*

## REFLECTION

I have had one of those weeks! The kind of week where it feels like ten days' worth of activity is crammed into seven days! The kind of week where it feels like the responsibility for everything that happens seems to rest on your shoulders!

Everyone has weeks like that!

But the truth is, I know that the things I have had to deal with are just minor problems compared to some of the things facing other people. My bad week is more to do with how I am feeling than with the things that I am trying to do.

So how do we cope when we feel rushed, pressured and stressed?

The first and central foundation of our faith is God. God who is not just the creator, but also God who is friend. God who constantly provides opportunities for us to come to him. God who constantly interrupts our hectic lives with his invitation into relationship.

How does all this help? In the midst of the draining circumstances of life, when we have to deal with those terrible issues that completely floor us, how does it help to know that God calls us to relationship? In the midst of crisis and concern, how can it make a practical difference to know that we are called to relationship?

Well, how much of our 'busy ness' is just our pulling and turning at a steering wheel that doesn't go anywhere or do anything? How much does our stressing and panicking actually make a difference? How much of all our activity is an effort in going nowhere? How tired do we make ourselves and end up making no difference at all?

The great joy of being in relationship with God, is the simple fact that we can turn to Him. We can entrust ourselves to God

Jesus' wonderful words from our readings this week, remind us that we can come to God and find rest.

In relationship with God:

We come to seek rest of weary souls,

We come to seek rest for tired lives,

We come to seek rest for stressed our minds

We come to seek rest for bodies drained by activity and action

We come to seek rest for we are tired of turning the steering wheel and going nowhere.

We come to the God who welcomes each of us a beloved child,

And responds to us as a devoted parent.

So take the time to be still, no matter how busy you are

Take the chance to be silent,

Take a moment to turn to God and find His peace

For God is love. He is with you in your life. As Jesus invites, let him shoulder your burdens,

Let him guide you in His pathways of peace and in His purposes of hope

Amen

## PRAYER

Lord God,  
Eternal one  
Ever listening  
Remind us of your company.

When we get so worried,  
So stressed,  
So busy  
That we do not know which way to turn,  
Turn us to you.

When we feel so wearied, so worn out by life  
So empty of hope, so lost for direction,  
Turn us to you.

Like the most loving parent,  
Come close to us when we cry out;  
Like the kindest healer,  
Care for our brokenness.

O living loving Lord our God  
We ask for your help  
Fill our emptiness with your Holy Spirit,  
Restore our purpose, renew our hope,  
Replace our burdens with faith,  
And let our lives overflow with praise.

In Jesus name we offer our prayers,  
Amen.

