

PSALMS OF HOPE

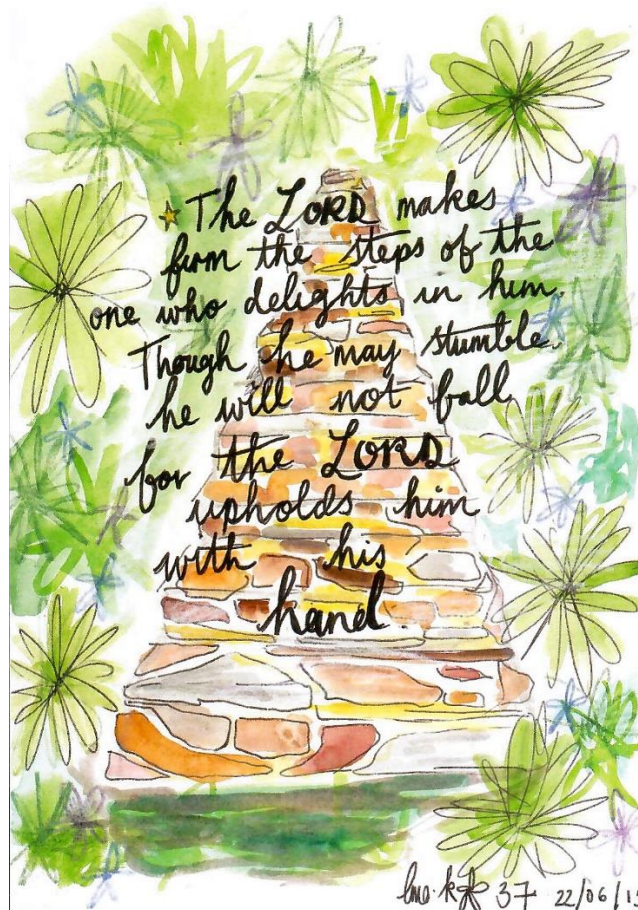
@UnitedChurchFerndown

United Church Ferndown's 2023 Lent Programme

Friday 24th February

Reflection #3

WHO KNOWS BEST?



Pray:

Lord, let everything I do in this season of Lent come from You, be inspired by You. I long to be closer to You. I long to receive the hope that You offer. Help me to remember that nothing is more important than You in my life. Help me to rely on You for help. I want to walk in your footsteps, Jesus. I confess that I have often felt I knew better and ignored Your presence. Heal me, Lord, and help me to find You in the darkness of my life. Let me reach out and feel your hand and love there to guide me. Speak to me in this moment, Lord God. **Amen.**

Introduction:

When we 'delight in the Lord' the desires of our hearts become the things that make the Lord happy, like when a couple are newly in love or when a child wants to please their parents. It changes what we want from life from material things to things that connect us closely to the person we love. When we delight in someone the emphasis of what we want becomes the intense joy and freedom of feeling connected to another, to sharing one spirit and one mind. What we think and what we want becomes superseded by what the person we are 'delighting in' thinks and wants. There is no greater feeling of joy, peace and freedom than being at one with another person, and this is brought to completion when it is our God we are at one with.

When we are fully trusting in God, rejoicing in him, delighting in Him, and praising Him, there is an ease in hearing His voice and in choosing His ways rather than our own. When we are living close to Him, secure, strong and relishing in that closeness, it is as apparent to those around us as the first rays of the sun at dawn or as the brightness of the sun in the middle of the day. The fact that we are at one with God, cleared of all blame and right with Him will be obvious to all. Impossible to miss. Let's delight in our Lord today!

Angela B



Read:

Psalm 37:4-6 (NASB)

⁴ Delight yourself in the LORD;
And He will give you the desires of your heart.
⁵ Commit your way to the LORD,
Trust also in Him, and He will do it.
⁶ He will bring forth your righteousness as the light
And your judgment as the noonday.

Psalm 35:9-10 (NIV)

⁹ Then my soul will rejoice in the Lord
and delight in his salvation.
¹⁰ My whole being will exclaim,
'Who is like you, Lord?
You rescue the poor from those too strong for
them,
the poor and needy from those who rob
them.'

Psalm 34:1-3 (MSG)

¹ I bless GOD every chance I get;
my lungs expand with his praise.
² I live and breathe GOD;
if things aren't going well, hear this and be
happy:
³ Join me in spreading the news;
together let's get the word out

Consider:

Psalm 1:1-3 - I have been reminded of this psalm twice this week with stories from people within my sphere who have been directly affected by others who have demonstrated behaviour which has nothing positive to do with God or the laws that we aim to live by. And yet equally this week I've enjoyed the company of a few people who walk with God inspiring me to continue on this path.

Psalm 5:8 - I rely on God as I face challenges from day to day - be they very small in the scope of worldly things and I often feel God is by my shoulder nudging me forward keeping me going even when I sometimes feel apprehensive.

Psalm 119:1 - I have in the past and now know Christians who I marvel at how they lived/live their lives and how they talk and interact with other people both non-believers and believers. I would love to be able to operate in a similar way and so I try to improve how I share my love of God by their examples as I continually walk with God on a daily basis.

Pam

Pray:

Ask God to help you trust Him more... Thank God for all that He has given you – when you start bringing that list before God it will grow...

Try it out:

Today, take out a little time to breath! As you think about breathing expand them with praise and blow out the rubbish, the lies that have found room in your heart! God wants you to know you are loved, that you are amazing and that you are of great value...