

PSALMS OF HOPE

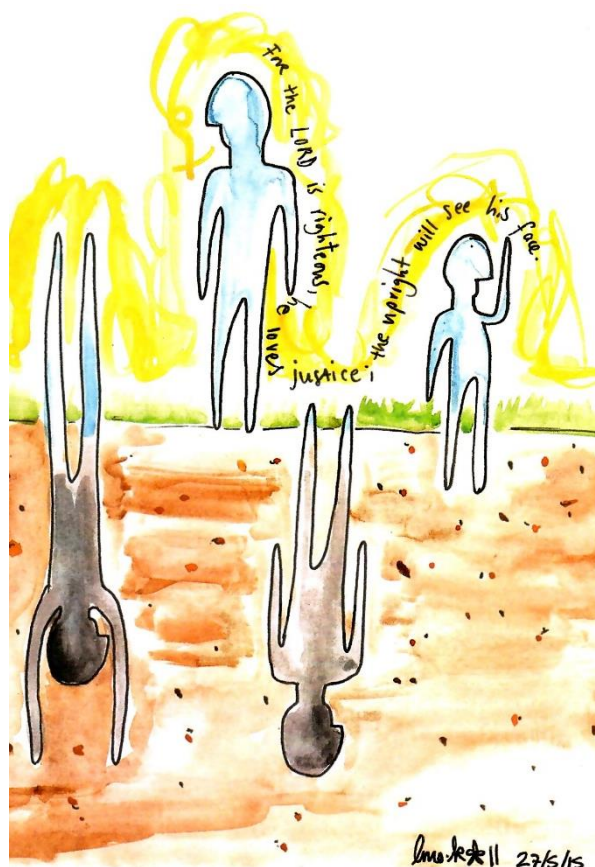
@UnitedChurchFerndown

United Church Ferndown's 2023 Lent Programme

Thursday 9th March

Reflection #16

A STRONG FOUNDATION



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:

Have you ever built a sandcastle? I don't know why but as a child, my friends and I would build castles very close to the sea! The bigger the better. We would really go for it. There were architectural discussions and checks were made to make sure our sand was firm. Then we'd decorate them with seaweed and shells to make them look pretty. We would even use dry sand on top to finish off. I think we made them near the sea edge because the sand was damper and so stayed together better – well, to start with! You see they never lasted long! The wave would lap at the foundations and then another and yet another. The waves would eat away at the sandcastles, slowly at first – but in the end, with their full power, completely destroying our creations.



Read:

Psalm 11 (NIV)

- ¹ In the Lord I take refuge.
How then can you say to me:
“Flee like a bird to your mountain.
² For look, the wicked bend their bows;
they set their arrows against the strings
to shoot from the shadows
at the upright in heart.
³ When the foundations are being destroyed,
what can the righteous do?”
⁴ The Lord is in his holy temple;
the Lord is on his heavenly throne.
He observes everyone on earth;
his eyes examine them.
⁵ The Lord examines the righteous,
but the wicked, those who love violence,
he hates with a passion.
⁶ On the wicked he will rain
fiery coals and burning sulphur;
a scorching wind will be their lot.
⁷ For the Lord is righteous,
he loves justice;
the upright will see his face.

Consider:

Why did the castles fall down? How firm, were the foundations? Were there any foundations? Were they made in the right place? We need to know that everything depends on a foundation. If it is not solid or secure, then everything will fall down. Our foundation is Jesus. The one who can help us to lead a righteous life. The one who can help us to strive to be more like him. Without Jesus as our foundation, we have nothing to stay strong on. We fall! What is the foundation in your life? What is your life built upon?

Pray:

Lord Jesus, help us to remain close to you and to build our life with you as our foundation. Thank you for being the rock and strength in our lives. **Amen.**

Try it out:

Start your day with God. It doesn't have to be a big gesture or a long time, just a time to realise that you want God to be your foundation throughout your day.