

# PSALMS OF HOPE

@UnitedChurchFerdown

## United Church Ferndown's 2023 Lent Programme

Saturday 11<sup>th</sup> March

Reflection #18

### TIME FOR an ADVENTURE



Amo.k \* 16 01/06/15



#### Pray:

My Lord: thank you for the daily journey you are taking me on. Thank you that you and you alone guide my footsteps. You go before me, you are ever with me, your hands steer me and you always lead me on the right paths. As I commit each day to you, I know Lord that you will always direct me, inspire me, teach me and discipline me. How can I but praise you for this journey that you are taking me on, in the full knowledge that your loving arms are with me for the entirety of the adventure. By your strength Lord, help me today, and always, to give ALL praise glory and honour to your holy name. **Amen.**

**Introduction:**

We all love adventures, for many of us the longer the better. The Chinese proverb of a 'Journey of a thousand miles begins with a single step' is reassuring. Ultimately, it is usually the company that we choose to share these journeys which can shape us, and which result in the most fulfilling adventures. We are almost halfway along the path of Lent, and it may be tempting to slow down, stop, rest or possibly give up altogether. Perseverance and determination tell us that we can make it. Knowing we are not alone reminds us that it is not a solo adventure. It is a shared experience, a joint venture, a group activity. God is with us guiding us, leading us, inspiring us and encouraging us. Never, ever, ever give up.

**Read:****Psalm 16 verse 11 (NIV)**

You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

**Psalm 32 verse 8 (NIV)**

I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.

**Consider:**

As you may know, I enjoy walking – actually, that's a little fib – I walk silly walks for charity, and I enjoy them a little! But on these walks I have walked with friends and family and that makes all the difference. On my first ever long walk, I had trained properly, and I had done all I was supposed to do, yet when I got to 28km on my first 100km walk, I was exhausted and emotional and really didn't want to carry on. I sat in a marquee with my family, who were there to cheer us on. They got me food and snacks and talked me through what was happening. They knew the right words to say and finally set me in my way again. I had sat for about 30 Minutes, but then I was off!

My family know me. They knew what I needed to hear to keep going, they knew what I needed to hear to get up and carry on and go in the right direction. How amazing is it to think that we have a God that knows us even better than our family knows us. He knows what to say and where to guide us to. I didn't want to listen to my family at first as I was so tired and my feet hurt! But I knew what they were saying was important and I needed to listen. For the next few kilometres I sang as I walked along and looked for the adventure I was having.

Are we willing to listen to Jesus as he talks to us to guide us? Think of the adventures we could be having and what joy they can bring along the way.

**Pray:**

Pray that as you embark upon today's journey your heart will be in tune with God's, ready to experience what he has in store for you and with the full knowledge that he will always be with you.

**Try it out:**

Think of a journey you have been on that felt a little difficult, but then turned out well. Now try listening to God to see if he has an even better adventure and journey for you. Can you take the first step?