

# PSALMS OF HOPE

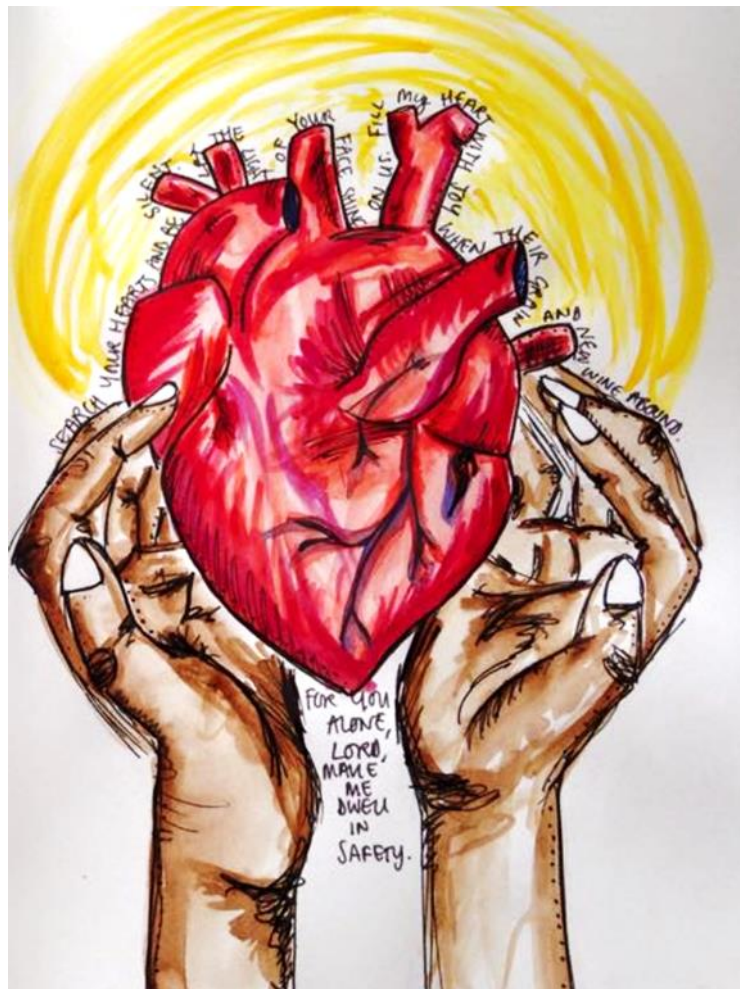
@UnitedChurchFerdown

United Church Ferndown's 2023 Lent Programme

Tuesday 14<sup>th</sup> March

Reflection #21

**JESUS TOOK naps! BE LIKE JESUS!**



## 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:**

I am behind this week. I only work part time and when things don't go to plan there is little room in the diary to catch up! As a diabetic, I have 10 tablets in the morning and 4 at night, I have to check my bloods and blood pressure. I have blood tests, scans at hospital and appointments with nurses, GPs and consultants. Next week I have to have laser surgery on my eyes and then I have to see a cardiologist on Wednesday. And when one of these things don't go to plan. I hate missing a moment of serving God, of not being where I should be. It can be frustrating – There is always something else we want to do. Melanie says that sometimes it's my body's way of saying you need a break. Melanie has a great T-shirt that makes the point well. It says '**Jesus took naps! Be like Jesus!**'

**Read: Psalm 4:8 (NIV)**

In peace I will lie down and sleep,  
for you alone, Lord,  
make me dwell in safety.

**Consider:**

Do you stop? Do you worry too much? Do you give yourself time to recover?

Today has made me realise it's OK to stop. We need to rest, to heal, because we don't know what challenges tomorrow brings.

Do you often do too much as you feel you don't want to let people down? Feel you have stuff that can't wait? Consider maybe taking time out to think about it.

**Pray:**

Pray that God will show you when to stop. It is probably only going to be to take a day out. But allow God to show you what that truly means. Pray we will listen more to God and not to other people.

**Try it out:**

Why not try to take time out? I know that I'm going to try to take my day off with my wife and make it a higher priority. Not because I'm being selfish (although we feel it when we do it) but because I know we need to restore ourselves to be able to continue fully in God's work and give him our best. Sabbath does not have to be a Sunday. Make sure you take your sabbath. We can dwell in the Lord's safety.

Darren