

PSALMS OF HOPE

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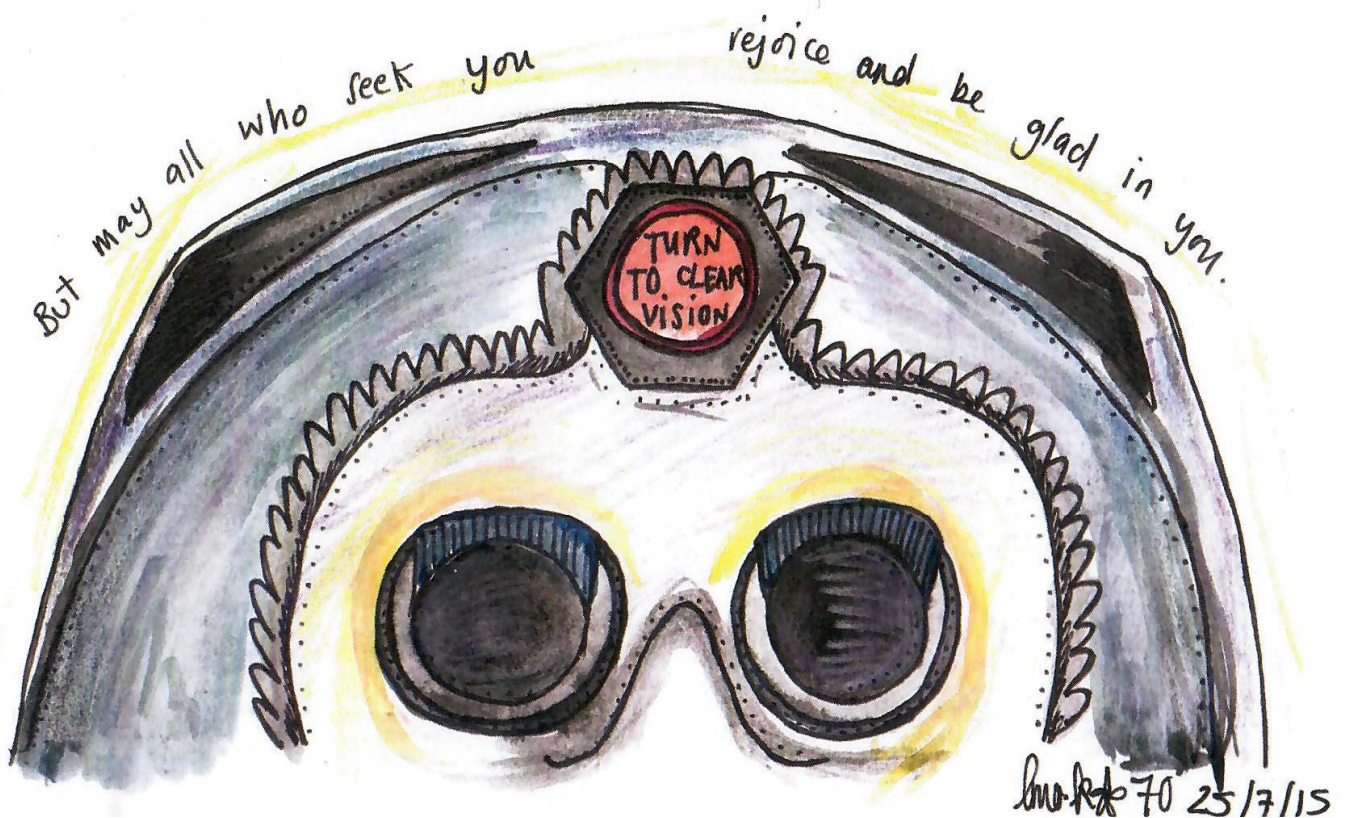
@UnitedChurchFerndown

United Church Ferndown's 2023 Lent Programme

Tuesday 28th March

Reflection #35

SOMETIMES IT GETS TOO MUCH



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 I was teaching, there was regularly a time when it was my job to supply a reading and a prayer for assembly. I regularly went to a website of 100 prayers but one or two favourites stuck in my head and got repeated fairly regularly! One was attributed to a Breton fisherman:

'Lord, the sea is so big and my boat is so small. Remember me.'

David opens Psalm 70 with a similar sense of urgency. God is to 'hasten' to save him. It doesn't specify why there was such a need for speed, but the need is clear. Sometimes this psalm is known as the 'psalm for relief from adversaries'. Perhaps David is just fed up with the opposition.



Read:

Psalm 70 (NIV)

- ¹ Hasten, O God, to save me;
come quickly, Lord, to help me.
- ² May those who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.
- ³ May those who say to me, 'Aha! Aha!'
turn back because of their shame.
- ⁴ But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
'The Lord is great!'
- ⁵ But as for me, I am poor and needy;
come quickly to me, O God.
You are my help and my deliverer;
Lord, do not delay.

Consider:

Psalm 70 is a repeat of words said at the end of Psalm 40 but with, I think, an important difference. Where v5 of Psalm 70 urges God to 'come quickly', v17 of Psalm 40 has the gentler 'may the Lord think of me'. God sees need and is perfectly capable of acting swiftly. We, however, do not need to be panicked in our petitions. Where Psalm 70 opens with asking God to hasten to save, Psalm 40 opens with David waiting patiently for the Lord and continues with a testimony of how God set his feet on a rock. I am not in any way suggesting that it is necessarily easy to be patient but I would encourage you to trust in God. The song 'Oceans' includes the line, 'You've never failed and you won't start now.' If you believe that is true of your past you can trust that it will be true for your future.

Pray:

Lord, the sea is so big and my boat is so small. Remember me.

Try it out:

Write a list of the times when you know that God has held you in his hands. If you have any worries or concerns at the moment, write them down too. Trust that God knows about them and that he has plans for you to prosper. If it is helpful to throw the list away because they have now been given to God then do that. Alternatively, you could keep the list so that you can tick it when you have felt God alongside you in each worry. Trust that a tick will come in God's good time.