

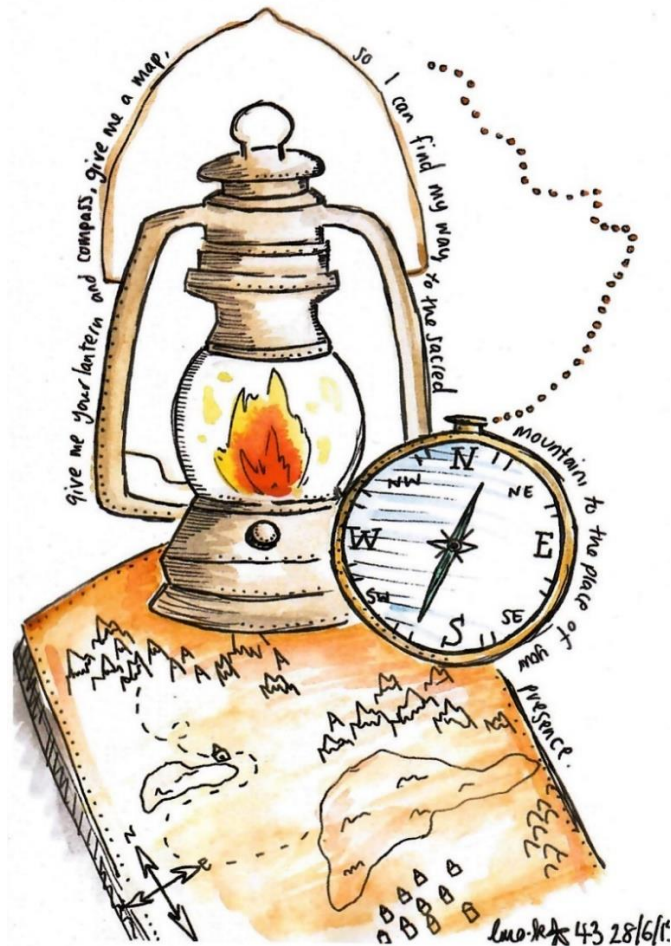
PSALMS OF HOPE

United Church Ferndown's 2023 Lent Programme

Saturday 25th March

Reflection #32

YOU LIFT ME UP



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:

Life isn't always easy going ... there are days when things go wrong, when sadness takes over, and days when we just feel lonely. This has certainly been true for each one of us during this difficult year. I live in a flat by myself, surrounded by other flats with many neighbours who are good friends ... we speak on the telephone, but we can't visit one another. However, I try to start each day being positive and praise God that he is good even on the darkest of days.

I can remember years ago being very distressed by a situation that I couldn't see an answer to and the last thing I felt like doing was praising God, but I started to sing praise to Him and the situation became more manageable and the Lord lifted me up to be able to deal with the problems.

**Read:****Psalm 43 (NIV)**

- ¹ Vindicate me, my God,
and plead my cause
against an unfaithful nation.
Rescue me from those who are
deceitful and wicked.
- ² You are God my stronghold.
Why have you rejected me?
Why must I go about mourning,
oppressed by the enemy?
- ³ Send me your light and your faithful care,
let them lead me;
let them bring me to your holy mountain,
to the place where you dwell.
- ⁴ Then I will go to the altar of God,
to God, my joy and my delight.
I will praise you with the lyre,
O God, my God.
- ⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.

Consider:

As we journey through this time of Lent, let's continue to put our hope in our God, our Saviour. He can lift us up from being downcast, with a peace that passes all understanding, and his everlasting love and care will not let us down. This doesn't mean that our problems will all disappear, but we can rest in the knowledge that we are in our Saviour's safe keeping.

Pray:

Thank you, Lord, that you can lift us up when we go through sad and difficult times. Thank you that we have a hope that is sure and steadfast.

Try it out:

When things are tough and times are anxious, the last thing we sometimes feel like is praising God, but I recommend putting our hope in God and praising him, our Saviour and our God ... and he will lift us up whatever situation we are in.