

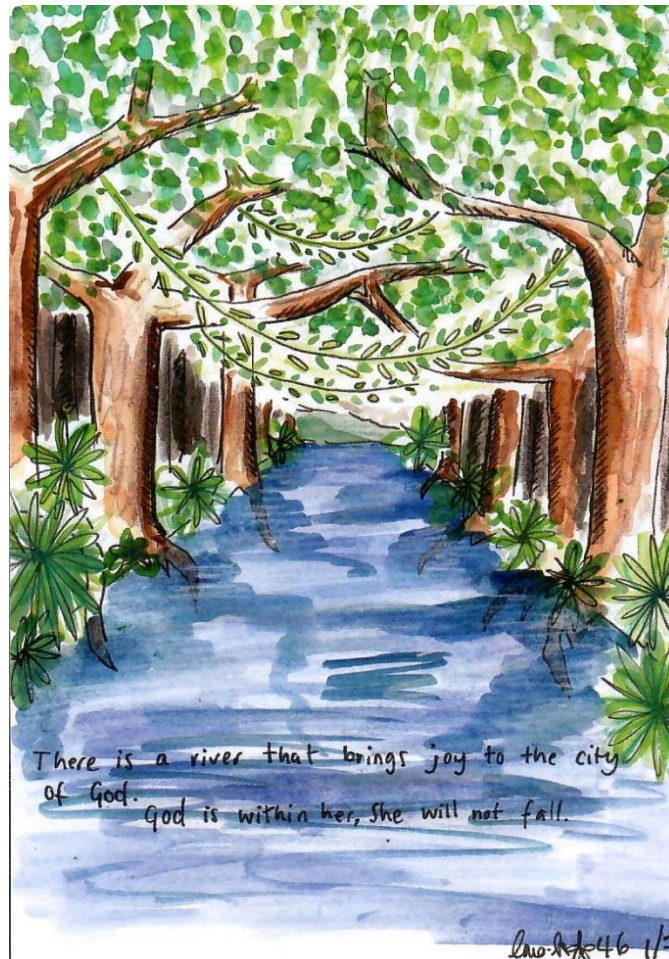
PSALMS OF HOPE

United Church Ferndown's 2023 Lent Programme

Thursday 30th March

Reflection #37

IT'S GOOD TO TALK



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.**



Read:

Psalm 116:1-2 (NIV)

¹I love the Lord, for he heard my voice;
he heard my cry for mercy.
²Because he turned his ear to me,
I will call on him as long as I live.

Psalm 46:10 (NIV)

He says, 'Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.'

Consider:

Recently a friend of mine died suddenly. She was a lovely person who had many interests and various groups of friends and a close and loving family. It has been challenging to make sense of her death, for all of us who knew her. What has made it harder, has been the impact of Covid and the lack of a 'normal funeral'. It has meant that there has been no focal point to share our stories and our grief. But having a relationship with God means that I always have him to talk to, to share my pain and to know that I have him brings me great comfort. It is good to talk, but especially good to talk to God.

But if we look also at the words of Psalm 46:10, the Psalmist also urges us to 'be still'. This psalm was written after a time of war and some commentators have argued that it is more than urging us to simply 'be still.' If we look at this in the context of recent wars that had taken place around the time of the writing of this psalm, it is possible to see that the verse is calling on us to wake up and acknowledge who God is and the strength of his power.

So there are three things I took from these very short verses:

- It is good to talk and especially good to talk to God about our pain. He sees everything and gives us great comfort.
- There is also a time to be still and listen and acknowledge who God is and reflect on God's power and his plans which we may not understand (and often rail against).
- Bereavement is a shock and causes great pain but I took great comfort in the analysis that we are being called to wake up. Death of a loved one forces us to take stock and often change direction, and this verse underlines God's hand in helping us take our next steps forward.

Pray:

Pray today that we have the courage to really talk to God about the pain that is in our hearts, but also that we have the understanding to reflect on what it is to be still and learn from God.

Try it out:

Talking to God can bring us comfort but only if we actually take the time to do it and create the space so that we can have that conversation. How do you ensure that you can talk to God, within a normal busy life? Lots of us use the phrase 'I am just too busy.' I used that phrase recently and was politely reminded that 'We all have the same number of hours in the day as Beyonce.' Very true! No matter how busy we feel we can all make the chance to talk with God a priority.