

Be still, for the presence of the Lord, the Holy One , is here.....



Trust in the Lord and do good; live in the land and be safe. Seek your happiness in the Lord, and he will give you your heart's desire. Give yourself to the Lord; trust in him and he will help you;

Be patient and wait for the Lord to act.

Don't give in to worry or anger; it only leads to trouble.

The Lord guides a man in the way he should go and protects those who please him. If they fall they will not stay down because the Lord will help them up.

Verses from Psalm 37

On Saturday we visited the Japanese Garden near Dollar. It was a few years since we were last there and there has been a lot of development and planting since then. It is a really beautiful place, set in glorious countryside, and even though there were a lot of visitors it was a really tranquil place to be. And tranquillity was something I needed after receiving some very upsetting health news the day before. It was wonderful how, as I walked around the garden and gazed at the hills beyond, God's peaceful presence washed through me and lifted my spirit.

God is always with us. He never leaves us. But sometimes we are so wrapped up in our troubles that we can no longer feel his presence. That's when we need to be still and let the presence, glory and power of God take control.

Father God,

may each one of us be acutely aware of your presence this week, in all that we are doing and in all that we are facing. Be with those who are ill and those who are undergoing tests. Be with all the dedicated doctors and nurses as they seek to make people better. Be, too, with those who are striving to find cures for diseases. Strengthen those who are looking after loved ones who are ill. Give them patience and understanding and help them to know the peace that passes all understanding.

We ask these prayers through Jesus, the great healer. Amen