

Dear Friend

The psalm set for Morning Prayer today is 138. You will see that there are many verses which call to us today.

The psalm starts with words of thanks and praise. We may not feel much like that at the moment but if we pause and think about all the good things we have, it's not so difficult. I'm writing this while the sun is shining and the birds are singing outside, so I for one will be thanking God for the beauty of his creation and the view from my office window - our third bedroom!

In the third verse, the psalmist says he too has called on the Lord and his prayers were answered. Sometimes, especially in times of crisis, it's difficult to spot when our prayers are answered. If you, like many of us, have prayed for your loved ones to be spared the virus, and they haven't suffered from it, then indeed your prayers have been answered.

In verse 6, the psalmist says that the Lord may be high but he watches over the lowly. Most of us think of ourselves as small cogs in life's machinery and so we can take comfort from the fact that the Lord is indeed watching over us.

Verse 7 has echoes of Psalm 23 which most of us will know by heart in one version or another. In both verses 7 and 8, the word 'hand' appears. If you were able to follow our Service last Sunday for Christian Aid, you will know that our theme was "hands" and the last verse goes like this: "The Lord shall make good his purpose for me; your loving-kindness, O Lord, endures for ever; forsake not the work of your hands". This verse follows on well from our thoughts on Sunday. It confirms that we and all creation are the work of the Lord's hands and sums up this psalm's message of assurance that his care for us will go on for ever.

It's a psalm to comfort those who are feeling down and of confirmation for those who are feeling good about this day. I hope you can find time to ponder over it during the course of today.

Let's pray

Lord our God, supreme over all things,
look upon the humble and lowly
and put new strength into our souls
to complete your purpose for us
in Jesus Christ our Lord.

Regards Alison Radford