**Thursday 20th August**

Psalm 5: 11, 12

But let all who take refuge in you be glad;
    let them ever sing for joy.
Spread your protection over them,
    that those who love your name may rejoice in you.

Surely, Lord, you bless the righteous;
    you surround them with your favour as with a shield.

Take heart today from this reminder in Psalm 5 of the Lord’s protection and favour. If a small child falls or is afraid, they know exactly what to do, and they run with arms outstretched towards their parent. They know that there they will find protection and love and comfort. As children of our heavenly Father, He should be the first place that we run in every situation, and with whatever issues we face, because we can be confident of His love for us. ‘The steadfast love of the Lord never ceases’.

*Father, we thank you for your kindness and your protection. Thank you that you are such a good Father. We pray for ourselves today and lay before you all of the impossibilities that we face, all of the changes and challenges. We take refuge in You and ask you to give us the confidence in You to face whatever comes in the knowledge that we are surrounded with your favour. In Jesus Name. Amen*

