**Daily Prayer and Encouragement – 9th January –** Barry Lomax

Isaiah 46: 3-4

Listen to me, you descendants of Jacob,

all the remnant of the people of Israel,

you whom I have upheld since your birth,

and have carried since you were born.

Even to your old age and grey hairs

I am he, I am he who will sustain you.

I have made you and I will carry you;

I will sustain you and I will rescue you.

Another day when the news was dominated by Covid 19. Another lockdown. For many, the loneliness and separation goes on, and with it, the fear that the virus brings. People are looking for hope – many are hoping in a vaccine.

When Isaiah wrote the above words, it was to a people in lockdown under the power of Babylon. He points them to hope in the God who loves and cares for them and will never forsake them.

Some time ago I read the following story. A girl was seen carrying her little brother home after he had fallen and grazed his knee. The little boy was nearly as big as her, and she seemed to be labouring under the burden of his weight. A neighbour said “put him down, my dear. He’s too heavy for you to carry”. The little girl replied, quite assertively, “he’s not heavy – he’s my brother”.

Caring is carrying and God says if we put our trust in him, there is nothing he cannot carry us through. Notice how important and precious we are to God – he has held us since we were “conceived” – he has carried us since our “birth” – and he never ever will let go of us “even to your old age and grey hairs”. Why? Because he says, “I have made you and I will carry you”. In this difficult time let us let go and let God carry us. For he says “You are not heavy, you are my child and I love you”.

*Prayer:*

*Heavenly Father, I thank you that you know me better than I know myself. You have made me and I am precious to you. So this day I place myself in your loving hands, praying that you will carry me in whatever situation I find myself. Through the Name of Jesus Christ you Son, my Lord. Amen*

