**Sunday 19th April**

Psalm 23: 3

He refreshes my soul.
He guides me along the right paths
    for his name’s sake.

We read yesterday about green pastures and still waters. We are blessed to live in a beautiful part of the world, but at the moment we are not able to get out to enjoy it to the full. Not far away are the green pastures of the Dorset countryside, the still waters of the Stour and Avon, and the not so still waters of the English Channel, and yet they are tantalisingly out of reach! I am someone who finds that my soul is greatly refreshed by getting out to such places, so in common with many, I am missing those opportunities. But our Good Shepherd is able to bring us refreshment of soul regardless. The Bible speaks often of the Lord being our portion – all that we need to thrive. It is in relationship with Him that we find refreshment which reaches the parts that nothing else can! Press in to him today to find His deep refreshment.

We have talked much of late about the unprecedented nature of all that we are facing – the fact that we are in uncharted waters. But there is no such thing as uncharted waters for the Lord! In the words of a song I used to sing: ‘He knows about the past, and He knows about the future, and He also knows all about me!’ He is the one to guide us through this time. He will guide us on right paths, and as we follow His lead His name will be made known – the great Shepherd, who leads His sheep with wisdom and tenderness, and grace.

*Jesus, we thank you that you are our all-sufficiency. We thank you that in friendship with you we know fullness of life! We ask you today to meet us as we draw near to you. We pray for that refreshment of soul. We also ask that you continue to guide us, as individuals, but also as a nation. We pray that in this time your name would be honoured and that many will see your glory, your goodness manifest of the earth! Amen*

