Thursday 30th April

Psalm 46:1-2, 10

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea...He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

When this virus first began to read its ugly head in the UK, this was the Scripture that kept leaping into my mind. It is one that I have often thought of in difficult seasons, and one which I have shared with others as they have navigated painful circumstances. There is so much here to help us:

* God is always there
* He is a place of protection in the storm - we can run to Him for shelter
* He is strong when we are not
* Because of his greatness we need not be afraid
* Even if the worst imaginable situation confronts us we have this confidence
* There is a place of stillness in the storm
* One day, everything will be different
* The day is coming when the Lord will be seen for who he is.

Which of these truths do you need to dwell on today?

*Father, as we meditate on your Word today, help us to find a place of stillness in you, in the midst of the storm. Thank you that you are always there, that you are mighty and strong to save, that you have good plans for us, that we can trust you. Thank you that no situation is too big for you - that you are always bigger still. Thank you that there is nothing too small for you to be interested in - that you care about each of us and know the details of our lives. You are our refuge and strength today. Amen*

