

Psalm 3..

Lord, how many are my foes!

How many rise up against me!

2 Many are saying of me,

“God will not deliver him.”[b]

3 But **you, Lord, are a shield around me, my glory, the One who lifts my head high.**

4 I call out to the Lord, and he answers me from his holy mountain.

5 I lie down and sleep;

I wake again, because the Lord sustains me.

6 I will not fear though tens of thousands
assail me on every side.

7 Arise, Lord!

Deliver me, my God! Strike all
my enemies on the jaw; break
the teeth of the wicked.

8 From the Lord comes deliverance.

May your blessing be on your people.

Mark 1 32-38 Jesus Prays in a Solitary Place

That evening after sunset the people brought to Jesus all the sick and demonpossessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"

Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Finding a time and place to meet with Jesus

Every Thursday at 8pm we go outside and bang our saucepan, even though we live in the middle of nowhere, because we know everyone in the village will be doing the same thing. WE are doing this to honour the NHS, the carers who are on the frontline of looking after people with Coronavirus.

In the passage from Mark we hear of Jesus healing crowds of people. Rather than having a lie in the next day, he got up early and escaped to a quiet place. When his disciples track him down, he doesn't even want to come back and see the results of his work. He just wants to move on so he can preach again. So he can continue his work. He doesn't see the healing as the main event, they may be miraculous, but more as an outworking of God's love for the people he meets.

I think many nurses, healthcare assistants, social workers, care assistants will be uncomfortable with the attention they are currently getting, and seek to escape to a quiet place when they've got home from work. Serving others is tiring and you need to rebuild your energy. But today we are thinking more about what Jesus did when he found that quiet spot. He didn't just rest, but he prayed. He prayed to God. He had a conversation with the Almighty.

However hard it is at the moment to find a quiet spot, a still point in the day, it's really important to talk to God. You might like to light a candle, or say the Lord's prayer. It might be easier with your headphones on, whilst out on a walk or a run. It really doesn't matter what it looks like or when but because it's hard to keep going with it, sometimes a routine can really help. At the moment I'm doing my main daily prayer at night before I go to bed, as the house is quiet and I can give my worries from the 10 o'clock news to God, and thank him for the day that's gone, and praise him for the wonderful world we live in. I'm not a morning person, but a lot of people like to start the day talking to God in bed before they've really got going.

I like the Psalm today that God will lift our heads. I know tomorrow is going to be really tough for many of us here as we say goodbye to our friend Barbara. For many people the feelings we are coping with at this time of crisis are just overwhelming. God can lift our head up again, and help us look ahead and not down to the ground.

I hope today is a blessed day for you and your family. Here's an old gaelic blessing for today.. 1

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.

Read more at:

https://www.lords-prayer-words.com/famous_prayers/may_the_road_rise_up_to_meet_you.html