

Thoughts for Sunday February 28th 2021

Thanks to Paul for our 'Thoughts for Sunday' this week.

Good morning all. We start our worship today with a song by the band Delirious called 'Every Little Thing'. Whilst a relatively modern band (this song was released in 2003, so only(!) 18 years old...), they have released some beautiful Christ centred music.

[\(11\) Every Little Thing \(by Delirious?\) + Lyrics - YouTube](#)

The chorus from this song has become something of a mantra for me in difficult times. I remember many years ago running the Dublin marathon to raise money for Christian Aid and at about mile 17 it was very heavy going. My legs felt like lead, my energy was gone and I was hitting what is lovingly called 'the wall'. In my mind I just kept singing this chorus over and over - '*Every little thing's going to be alright, every little thing's going to be alright*'. I won't pretend that I got a sudden burst of vigour and I sprinted the last 9 miles, there was no Hollywood movie finish. But I clung to those words, kept going and did finish.

"If your world is without colour, I will carry you, if you carry me" is very appropriate for our current situation. In a world where we are not able to do the things we enjoy, such as meet with family and friends, worship together, or even visit a cafe, the world can start to 'lose its colour'. The same routine in the same surroundings every day can become monotonous. We are, after all social beings, craving interaction with others. However, Jesus promises that if we carry Him in our hearts and spread His word, sharing the good news of our Lord Jesus Christ, then He in turn will carry and support us.

In **Matthew 11:28-30** we read : "Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

As humans we are easily disheartened, we easily grow weary. I know that I for one have had enough of being locked down and kept away from loved ones and the things I enjoy doing. Fortunately our Lord and Saviour has promised a solution.

Jesus promises that when we feel overburdened and may be struggling to cope, He will bear the load for us and give us rest. Notice that He doesn't say He will take away the problem necessarily, rather that He will give us a 'breather', time to recover and the strength to continue. What do we have to do to deserve this help? We don't deserve it at all of course and in our own strength we can't earn it, all Jesus asks is that we learn from Him and use His yoke to reduce the burden. He asks that we learn to be gentle and lowly in heart - He aimed this at the Pharisees at the time, who were anything but lowly - but now we need to look carefully at ourselves and aspire to be humble and follow Jesus' example.

Jesus never promises an easy life. He never promises that we will get everything we ask for, certainly not at the time we request it. In fact what He does promise is that He will help us bear any burdens placed on us. All we have to do is trust Him and follow His ways. What a wonderful promise!

Our second hymn is Trust And Obey, which reminds us that "Not a doubt or a fear, not a sigh or a tear, Can abide while we trust and obey".

<https://www.youtube.com/watch?v=lrSCxfnN2B8>

Let us pray:-

Lord, we hand over our lives to You today and every day. We ask that You guide us and lead us down the path You have planned and prepared for us.

- Lord we pray for our Church family during these difficult time. We pray that we feel your presence with us at all times.
- We pray for our friends and family, particularly that those who do not actively walk with You would have their hearts opened to Your glory.
- We pray that You would give us the opportunity and strength to spread Your word Lord Jesus and be beacons of the Holy Spirit
- We pray protection for all involved in the front line battle against Covid-19 and those who due to the nature of their work are at risk of exposure. We thank You Lord that the vaccine programme is progressing and having a positive effect on infection rates.
- We pray Lord for our World, that the Covid virus can be brought under control and some degree of normality return, but also remember that once the Covid is reduced/removed, our World is still full of need and inequality. We pray Lord that Christians across the globe are part of the solution to it's problems in Your name.
- Pray for the World Day of Prayer this Friday (March 5th), which has been severely disrupted because of lockdown. Pray that God will help Christians in Vanuatu to bring free education to all, to overcome malnutrition, and to bring an end to domestic violence against many women & children. Pray for all the charities who are supported each year by World Day of Prayer, that their needs will be met. Pray for our churches who are learning how to present the service online, and that he will bless the services when they take place [We will email the details of our local service when we have them].

Amen.

Our final hymn is one that Jen and I have been listening to this week called "God Will Make A Way". It reminds us that God holds us close and will always make a way to strengthen us in our time of need.

https://www.youtube.com/watch?v=_rSWXf2Y4z0

God bless,

Paul