

6 April 2020

To all members of the St James Traditional Services

A Weekly Word of Encouragement: My times are in your hands

Today is Palm Sunday, Holy Week, the beginning of Jesus' Passion. Psalm 31 is the psalm for this week leading to Easter.

Today is the day we live in. Today is the day we need to hear God's voice. Open your bible and read Psalm 31 quietly, reflectively and prayerfully, and think on Jesus.

He was conspired against, whispered about, taken by enemies, abandoned by friends, mocked, spat upon, treated unjustly, but this did not mean he had fallen out of God's hands. "Into your hands I commit my spirit (v. 5)" – Jesus dying words. Despite all that the world can do, God is his rock-foundation in life and death, his fortress, his refuge, and he can be trusted, loved and called upon.

Life is precarious; terrible things happen that make no sense to us. David knew, Jesus knew, and we need to know, that life is not a game of chance. "My times are in your hands (v.15)."

God is our strong fortress, our rock, our refuge. We are called upon to follow Jesus our Lord through the darkness as well as into the light. God our Father overrules all events (both evil and grievous) and works them in the long run for our good (Romans 8:28). Trust him, love him, call upon him, hope in him. "My times are in your hands; Father into your hands I commit my spirit."

Prayer:

Lord, so many of the circumstances of my life make no sense to me, but they make sense to you. Help me, like David, to rest in that. My times are truly in your hands and that is absolutely, infinitely better than if they were in my hands. Amen.

- Prayer by Tim Keller

Remember:

- keep praying daily
- keep reading God's Word
- keep in touch with one another, and know that I am only a phone call away.

With Christian love,

Robert