

30 March 2020

To all members of the St James Traditional Services

**A Weekly Word of Encouragement: Out of the Depths**

Today is the 5th Sunday in Lent. Psalm 130 is the psalm appointed for today: open your bible and read it reflectively.

In over our heads - that's how life seems at present. We are out of our depth - for all of us sometimes, for some of us most of the time. There is no point in pretending: this psalm tells it like it is.

In that sense of helpless and hopeless sadness (whether personally or nationally) the way out of despair and depression for God's people is to cry out to Him in prayer (v.2 Lord, hear my voice) and to wait patiently for Him (v.5 listening for His answer). Calling and waiting. As we listen to His answering voice in His Word, He assures us that there is hope because in Him we find forgiveness, unfailing love, and full redemption.

All sorts of things in life may come to test us, to make us despair, but as we journey towards Easter, His cross assures us that the debt of our sin is paid, we are forgiven and eternally loved, and we are filled with hope in the light of the Risen Son.

**Prayer:**

Gracious Lord, when we are in the depths, come to us in your mercy and assure us of your power to save. Give us patience as we cry to you and listen to your voice, waiting upon you to rescue us. Amen.

**Remember:**

- keep praying daily ("I cry to you, O Lord")
- keep reading God's Word ("in His Word, I put my hope")
- keep in touch with one another, and know that I am only a phone call away.

With Christian love,

Robert